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BOTH GIANTS AND COWBOYS MAY FEEL THEY HAVE SOMETHING TO PROVE AT NFL OPENER PAGE 39

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Colossal cleanup concern

'Island of debris.' Big issue lies in how to deal with massive field of scrap if it drifts to the B.C. coast

Officials in B.C. are welcoming Japan's offer to pay for the disposal of tsunami debris washing up on the west coast of North America — but some say the cost of the cleanup is the least of the province's worries.

The bigger issue is how the "island of debris" currently drifting in the Pacific Ocean will be dealt with if it reaches the B.C. coast, said John Disney, the economic development officer for the Haida Gwaii community of Old Massett.

Through satellite images, Disney estimates the amount of materials that may arrive from the massive debris field is roughly the size of B.C., Alberta and half of Saskatchewan put together.

"If it does hit — because it might just sit out there for years — but if it does hit, I don't know what you do about it," he said in an interview Tuesday.

"There's no landfill on Earth that's big enough to take it, so what are you going to do with it, where are you going to put it?"

Disney said he is also concerned that items in the debris field could contain toxic or radioactive elements.

As much as five million tonnes of debris were swept into the ocean when a massive earthquake and tsunami struck Japan in March 2011, causing not only death and destruction, but a meltdown of one of the country's nuclear operations.

The Japanese Environment Ministry estimates that ocean currents will likely bring large amounts of debris to the Pacific coast starting in October. Some 40,000 tonnes of debris is projected to come within 10 kilometres of the North American shore by next February.

THE CANADIAN PRESS

Ocean debris believed to be from Japan is pictured on Long Beach in Tofino on April 18. JONATHAN HAYWARD/THE CANADIAN PRESS

Out there with underwear

A feminine touch has been added to a charity that delivers skivvies to shelters PAGE 4

TV still king

Despite the proliferation of online options, Canadians actually watched more TV in 2011 compared with the year before PAGE 22

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Public transportation

TransLink cruises past Labour Day weekend crunch

TransLink braced for its busiest day of the year Monday, but the annual post-Labour Day crush on the region's public-transit system didn't really materialize.

The transportation authority said it had all hands on deck to deal with rush-hour crowds returning to school and work after the summer holidays.

In the end, Sept. 4 looked like any other rush hour.

"There was not as big a crowd as we thought there would be," said TransLink spokesperson Drew Snider.

"We still had people standing on the 99 B-Line when it pulled out of Commercial and Broadway, but we didn't get the numbers we were expecting," he said.

"There's not much managing that had to be done."

Rather than believing the crunch has been avoided altogether this year, Snider said it's possible ridership could significantly increase Wednesday with orientation day at schools out of the way.

The week after Labour Day traditionally marks the busiest time of the year for public transit, and service providers constantly preach patience and good manners for commuters packing onto the system.

Snider says the overall number of people using bus, SkyTrain, Canada Line and SeaBus services has been increasing year to year.

There were 5.5 per cent more riders last year than in 2010, and the trend looks to continue this year.

MATT KIELTYKA/METRO

Energy Minister Rich Coleman, at a housing announcement in Vancouver in May 2010, will run in next year's provincial election. JEFF HODSON/METRO FILE

Coleman to stay on, Lekstrom leaving

Rebuilding cabinet. Premier looks to replace four ministers after retirement announcements, but big-hitting energy minister seeks re-election in 2013

Premier Christy Clark received some good news and some bad news Tuesday as she tries to rebuild her government's cabinet in time for the May 2013 British Columbia election.

Energy and Mines Minister Rich Coleman said he will run again, but Transportation Minister Blair Lekstrom said after serving 20 years in elected office, he's had enough.

The Coleman and Lekstrom announcements come as Clark is expected to introduce a re-shuffled cabinet, prompted by announcements by high-profile Liberals that they won't be running for re-election next spring.

Lekstrom, who said he'd been pondering his political future over the summer months, did not rule out returning to politics at a later date, but said it won't be until after the 2013 election.

"I would think the door is open, but right now I want to try something different," he said. "But I would never rule out another run at politics. I never say never."

Lekstrom said he knows Clark is about to shuffle her cabinet, which is why he told her he had decided not to run again.

"This has nothing to do with the premier, her leadership, our government," he said. "I have always got along well with her. Christy is a friend of mine, and I think she took on a significant challenge, and I think she's doing a good job."

Coleman said he made a decision about his future for the same reason as some of his departing colleagues, but instead of leaving for family reasons, he said he's staying.

It's a safe bet Coleman, the energy minister, will play a major role after Clark shuffles her cabinet likely later this week to fill the many holes punched into her team after some of her most reliable ministers announced they won't run again.

Clark's cabinet-rebuilding job requires appointing new finance, education, children's and transportation ministers following the retirement announcements.

THE CANADIAN PRESS

Leaving

- Last week former finance minister Kevin Falcon said he would not run again because he wanted more time with his growing family.
- Children's minister Mary McNeil said spending time with her grandchildren played a role in her decision.
- One-time cabinet minister John Les and education minister George Abbott also announced they would not be candidates in May 2013.

SMEN 1 NEWS

Mobile news

The world's first Internet cat festival finally found its purrr-fect match. Scan the code to see the winning clip that had this competition licked from the start.

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Abbotsford. Dispute leads to early-morning shooting

Abbotsford police say a dispute between two people led to an early-morning shooting Tuesday.

Officers were called to a rural road at 2:30 a.m. after witnesses reported hearing possible gunshots and a car screeching away. They found an SUV in the 2500 block of Bradner Road with several people inside.

One of the men had a gunshot wound to the arm and was treated for non-life-threatening injuries.

Investigators spent the morning identifying the occupant and trying to get to the bottom of the incident. They believe the shooting is not random, but rather the result of a disagreement.

MATT KIELTYKA/METRO

Cash for students

No extra pay for large classes: BCTF

As the new school year gets underway, the B.C. Teachers' Federation is reiterating its opposition to extra pay for teachers who take on larger classes. The union says the government is offering to pay grades 4 to 7 teachers $2,500 dollars per year for each extra student if their classes exceed 30 students, and $312 per student in some high school classes.

But union president Susan Lambert calls it a bribe and says the extra cash won't make overcrowded classrooms OK for students.

THE CANADIAN PRESS

Victoria

Police crack down on drunk drivers

A 27-year-old woman who hit a taxi and took off and a 23-year-old man who drove the wrong way down a one-way street are among a slew of impaired drivers arrested over the long weekend in Victoria.

Police added 11 more arrests to a roster of 126 people who have been charged with impaired driving since May. Ten of those people were handed immediate, 90-day roadside prohibitions, while one person was allegedly impaired by drugs.

THE CANADIAN PRESS

Cross-country underwear drive gets feminine touch

Annual delivery.
Need Knickers joins Got Ginch on its journey to distribute drawers to the homeless

ELIZABETH HAMES
vancouver@metronews.ca

Need Knickers founder Gabriella Ostendorfer, right, with Michele Thompson, organizer of the Klondike Ginch Rush, donated more than 5,000 pairs of women's underwear to homeless shelters in Western Canada. ELIZABETH HAMES/FOR METRO

Got ginch? Brent King does — 35,000 pairs.

For the next eight days, he and fellow philanthropist Robb Price will RV across Canada delivering the men's underwear to homeless shelters in 10 cities.

This year, they're joined by Gabriella Ostendorfer, who will distribute 5,000 pairs of women's underwear to shelters from Vancouver to Regina.

The trip, which kicked off Tuesday at the Union Gospel Mission on East Hastings, is part of nationwide underwear drives called Got Ginch (men's underwear) and Need Knickers (women's underwear).

King founded the charity in 2008 after he asked The Mustard Seed Calgary, a homeless shelter, what supplies they needed. Men's underwear was at the top of their list.

He has so far stayed away from distributing women's underwear because the image of two men driving across the country with a trailer load of panties seemed "creepy," he said. So he put out a call for women to join the cause, and Ostendorfer responded. "This is just an easy way to give someone dignity," she said in front of the UGM.

Although she has volunteered for women's shelters before, she said she's learned a lot from Need Knickers. "It confirmed to me it really is a fine line between living on the street and living in your own home," she said.

Got Ginch has generated 130,000 pairs of underwear donations in four years. The team left Vancouver Tuesday morning for Calgary. Next, they'll head to Edmonton, Saskatoon, Regina, Winnipeg, Toronto, Ottawa, Montreal and Halifax.

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Gateway getting railway treatment? Megaproject angst not new, panel hears

Controversial megaprojects are as old as Canada itself, but their long-term benefits to the nation's growth are both undisputed and profound, the president of the proposed Northern Gateway pipeline told a review panel Tuesday.

In opening remarks to the panel, John Carruthers said his proposed $6-billion project to ship Alberta oilsands crude to Asia-bound tankers on B.C.'s west coast "is no different."

"Canada has witnessed this (controversy) as far back as 1871, when the Canadian Pacific Railway was constructed in return for British Columbia agreeing to enter Confederation," Carruthers said.

"Similarly, national projects such as the St. Lawrence Seaway and the TransCanada Pipeline have all attracted great attention and debate but, when constructed, laid the foundation for significant benefits for generations of Canadians."

His comments came as the three-member panel entered the question-and-answer phase of hearings into the project.

Proponents say the 1,170-kilometre dual line, from Bruderheim near Edmonton to a marine terminal in Kitimat is critical to the industry given the rapid growth of the oilsands and the soaring energy demand in Asia, particularly China. THE CANADIAN PRESS

Marine Drive station. New fare gates vandalized

The fare gates at the Marine Drive Canada Line station have been vandalized less than a month after being installed, transit police say.

The police department has released surveillance footage of a man they allege drew faces on six of the eight newly installed gates.

The graffiti was drawn on the blue scanners of the gates.

Police say the suspect is a white male in his mid-20s, six feet tall and weighing about 190 pounds.

He was wearing a red baseball hat and a black hooded sweatshirt with graffiti-style writing on the chest.

Police say little actual damage was done to the gates — which were the first installed along the region's transit system and the site of a press conference heralding the end of the "honour system" transit system in 2013 — but the cost of cleanup is estimated at $750. MATT KIELTYKA/METRO

Security footage taken Aug. 31 shows a man police allege vandalized the new fare gates at Marine Drive station. CONTRIBUTED

Lotto Max gives family 25 million reasons to smile

Lesley, right, and Mark Vickars, with their children, pose for a photo in Vancouver Tuesday. Lesley purchased a winning Lotto Max ticket before the family left on holidays and was unaware that she had won $25 million until she returned from vacation and checked her tickets. COURTESY OF BCLC

Mountie stands trial

Man shot in the back. Const. David Pompeo faces charge of aggravated assault for incident in 2009

ELIZABETH HAMES
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The trial of an RCMP officer charged with aggravated assault for allegedly shooting an unarmed man in the back began Tuesday.

Const. David Pompeo and his partner were dressed in plain clothes when they pulled over Bill Gillespie and his passenger near Duncan on Sept. 18, 2009.

Gillespie was expected to tell the court Tuesday that he was complying with the officer's orders to lie on the ground when he was allegedly shot in the back by the officer.

The bullet reportedly travelled through his lungs and came to rest against his spine.

David Eby, executive director of the B.C. Civil Liberties Association, attended the opening of the nine-day trial in Duncan Tuesday.

He said Gillespie continues to suffer from chronic pain as a result of the shooting, as the bullet is still lodged in his back.

Quoted

"It can't be removed — it's too dangerous."

David Eby, executive director of the B.C. Civil Liberties Association on the bullet lodged in Bill Gillespie's back

"It can't be removed — it's too dangerous," Eby said. "So it makes it difficult for him to sit or stand for any extended period of time."

Pompeo was charged with aggravated assault in May 2011 and was relegated to desk duties. Police subsequently launched a code of conduct investigation.

Eby said it's rare that a case like this involving a B.C. RCMP officer goes to trial.

B.C.'s new Independent Investigations Office will conduct all criminal investigations involving officers beginning Sept. 10. Up until now, police have been responsible for investigating each other, and that's problematic, said Eby.

"Officers and their investigating colleagues from their own detachment are extremely reluctant to ask the hard questions," he said.

The trial continues Wednesday.

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Get your Fringe on: Take a risk, check us out, says chief

An edgy bonanza of shows. Emerging artists and seasoned veterans all set to entertain Vancouver

PHYLICIA TORREVILLAS
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The frenzy of the Vancouver International Fringe Festival will take centre stage Thursday and run until Sept. 16, with 97 eclectic and edgy theatrical offerings.

"It's really all about meeting other people, talking about what you see, experimenting and going to see something that you're not sure of," executive director David Jordan said Tuesday.

"You take a risk, check it out and enjoy."

Last year, the festival attracted around 32,000 people. Jordan said organizers are expecting the same or even more to come out and watch emerging artists and seasoned veterans.

Theatre enthusiasts can enjoy 700 performances in 11 days, from one-person shows and comedy acts to musical performances.

The shows will be staged on and outside Granville Island — some artists even fall in the Bring Your Own Venue category.

"One of the really interesting ones is a show called Three More Sleepless Nights," Jordan said.

"They have chosen to do this show in a different house every night.

"They'll perform in people's houses from the Westside and Eastside, and the really interesting thing is the actors have never been in those houses, so they'll explore the house with the audience as they do the play."

Volunteers are available to help pick a show for you — and even go to it with you.

Information and tickets: visit vancouverfringe.com.

Kate Braidwood performs Loon during a media preview for the Vancouver International Fringe Festival at Performance Works on Granville Island on Tuesday. Eclectic and edgy theatrical offerings take centre stage until Sept. 16. PHYLICIA TORREVILLAS/METRO

Success in a D-cup: Bras flood in for live art show

Bras, bras, bras: Vancouver artist Brent Ray Fraser has received more than 1,100 of them for a unique breast-cancer fundraiser. CONTRIBUTED

Brent Ray Fraser's spirit has been uplifted.

The Vancouver artist was trying to collect 500 bras last month for a giant installation to be created at a live art show, benefiting the Canadian Breast Cancer Foundation.

Fraser said women from all over, including California and Chicago, showed their support for the cause.

He has already received 1,115 bras and every bra donated will be used in a 14-foot-by-seven-foot artwork.

Where to go

The Create+Commemorate Live Art Breast Cancer Fundraiser will be held Wednesday at 437 West Hastings St.

"Some of (the bras) came with cookies," Fraser said Tuesday. "A lot of them came with really touching notes from women who had someone they had lost or that they know who went through breast cancer." He added: "The painting is going to represent the battle of breast cancer. There's going to be a woman who has a mastectomy and another one with beautiful breasts. It's just going to show the contrast."

Fraser, an Emily Carr grad who has worked for Louis Vuitton, said he was inspired to do something with his art to contribute to breast-cancer awareness. His mom battled the disease three years ago.

"We lived through the ordeal for a few years, but she's doing fine," he said.

"She's supportive of what I'm doing now."

Fraser is hoping to auction off the piece for the foundation around October, Breast Cancer Awareness Month.

The Create+Commemorate Live Art Breast Cancer Fundraiser will be held Wednesday at 437 West Hastings St.

The event starts at 8 p.m. and tickets are $10 at the door. All proceeds go to the Canadian Breast Cancer Foundation.

PHYLICIA TORREVILLAS/METRO

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Woman plans to bike across Canada

Cross country. Diane Klich will depart White Rock with more than 50 other cyclists today to raise money for cancer research

KATE WEBB
kate.webb@metronews.ca

Diane Klich was sitting on the fence about whether she was up to the grueling task of cycling across the country to raise money for childhood cancer research when she happened to email an old friend who lives in New York City to say Happy New Year.

The most she had ever cycled then was 60 kilometres, riding at about 20 kilometres per hour, and with no fundraising experience, the minimum $25,000 pledge to enter the fifth annual Sears National Kids Cancer Ride was equally daunting.

Then her university pal sent a heart-stopping reply: his two-year-old daughter was battling leukemia.

"It was a sign," said the 37-year-old from Toronto. "None of my fears could be as big as theirs were at that moment, so I just decided to sign up. At that moment I applied."

Klich will depart on the 17-day journey from White Rock with more than 50 other cyclists from across the country on Wednesday.

Around her neck she'll proudly wear a dog tag that belonged to Megan McNiel, a young Delta woman who was diagnosed with adrenal cancer at 16 and lost her battle at age 20.

Her ambitious goal is to raise $100,000 through donations and in-kind sponsorships.

As of last week, with nearly $60,000 in sponsorship from Metro and another $10,000 in cash donations, she was just over $30,000 shy.

The national riders will arrive in Halifax Sept. 21 after completing the 7,000-kilometre journey.

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Diane Klich
KATE WEBB/METRO

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Biker gangs implicated in vehicle-trafficking bust

Members of the Hells Angels and other biker gangs called the Throttle Lockers and Kingpin Crew are accused of trafficking stolen vehicles out of a West Kelowna motorcycle shop.

RCMP in Kelowna spent six months investigating the theft of cars, boats, ATVs, trucks and machinery before announcing the charges Tuesday.

Insp. Rick Flewelling says biker-gang members from Nanaimo, Calgary and Kelowna were known to have an association with the business.

John Edward Newcome, who owns Cycle Logic in West Kelowna, has been charged with numerous offences related to the possession and trafficking of stolen property.

Police say this marks one of the first times in B.C. that charges have been laid for the trafficking of stolen property.

The Conservative government brought in the law making it a crime to traffic in stolen property in 2010. THE CANADIAN PRESS

Latest charges

8 more charged in Stanley Cup riot

Eight more people have been charged in connection with last year's Stanley Cup riot, including three minors.

B.C.'s Criminal Justice Branch has also approved charges against five adults, bringing up the total number of people accused in the melee to 145. All but one of those charged in the latest batch face multiple counts — from mischief to break-and-enter — along with taking part in a riot. THE CANADIAN PRESS

Armed and dangerous

Victoria police search for parolee

Victoria police are asking the public's help in locating a 22-year-old with a history of violence.

Police say Dezmond White is considered armed and dangerous, and therefore they want him back in custody as soon as possible.

The man's current parole ID was found Saturday at the Sannich Fair, and police believe he's still in the area. THE CANADIAN PRESS

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‘Mom in chief’ calls Barack the ‘man we can trust’

Electrifying speech. Ecstatic Democrats cheer her as she calls her husband a caring father and a worthy U.S. president

At home, he’s a devoted husband and caring father.

On the world stage, he’s a “man we can trust,” the man to revive America’s weak economy as president.

That was the image U.S. first lady Michelle Obama lovingly painted of Barack Obama on Tuesday night.

Her speech electrified the Democratic National Convention in Charlotte, N.C.

Calling herself the “mom in chief,” Michelle was given a huge ovation as she urged Americans to return her husband to the White House.

She said her husband reminds her “that change is hard, and change is slow and it never happens all at once” but “eventually, we get there, we always do.”

To Michelle, Obama is still that man she went on a first date with, who picked her up in a car so rusty she “could see the pavement going by” through a hole in the door.

He’s the man she married and began a life with in Chicago, both saddled with student loans, “so young, so in love, and so in debt.”

“I didn’t think it was possible but today I love my husband even more than I did four years ago … even more than I did 23 years ago when we first met. I love that he’s never forgotten how he started.”

It was political theatre. But deeply personal political theatre, aimed at closing the gap between Obama and those who view him as aloof.

THE ASSOCIATED PRESS/WITH FILES FROM TORSTAR NEWS SERVICE

How’s she doing?

Michelle Obama has been “a flawless first lady,” says Myra Gutin, a first lady expert and communications professor at Rider University in New Jersey.

- **Her message.** “She selected a cause that gets a lot of response.... There aren’t very many people out there who would disagree with her message that American kids need to get healthier,” Gutin says.
- **Her popularity.** It easily surpasses her husband’s. When Gallup last pitted the couple against one another in May, Michelle Obama had a 66 per cent approval rating while hubby Barack was at 52 per cent.

Her aim was to be a “character witness” for her husband. And she was — in spades! U.S. first lady Michelle Obama addresses the Democratic National Convention on Tuesday night. J. SCOTT APPLEWHITE/THE ASSOCIATED PRESS

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Bali Air + 9 Nights — from $1801 incl $1325 base + $476 taxes & fees
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Prague Air + 7 Nights 4-Star — from $1849 incl $1245 base + $604 taxes & fees
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‘Hitler’ clothing store owner to change shop name

Controversial. Owner says he received dozens of phone calls asking that he rename the clothing store

The owner of the Hitler clothing shop in western India says he will remove the sign and rename his store after hearing people’s complaints.

Rajesh Shah said Tuesday he had chosen the name in memory of his grandfather, a strict disciplinarian whom the family referred to as Hitler.

The shop in Ahmadabad, the main city in Gujarat state, opened last month with a huge sign reading “Hitler” and a Nazi swastika inside the dot in the letter “I.”

THE ASSOCIATED PRESS

A customer holds a shopping bag on Tuesday as store owners Rajesh Shah and Manish Chandani look on in Ahmadabad, India, outside their clothing shop named Hitler. AJIT SOLANKI/THE ASSOCIATED PRESS

‘Diefenbaby.’ Man says DNA test on former PM’s hair won’t prove paternity

A Toronto man who believes John Diefenbaker may have been his father thinks there’s no point testing a recently discovered lock of the former prime minister’s hair.

The Diefenbaker Canada Centre in Saskatoon announced last week it found a chunk of hair labelled as belonging to the former prime minister.

The hair, not listed in the museum’s computer database, was a surprise find for the museum during renovations. Staff believe the blond strands were likely cut from Diefenbaker’s head when he was a child and kept as a family keepsake.

The centre has invited George Dryden to have the hair tested, but he believes it would be a waste of time.

“It’s useless. There’s nothing there to test,” Dryden said Tuesday. “You need the root. A clipping just doesn’t do it.”

Dryden, who bears a strong resemblance to the former Conservative leader, claims his mother had an affair with the prime minister in the 1960s.

George Dryden
THE CANADIAN PRESS

Diefenbaker was Canada’s 13th prime minister from 1959 to 1963. He reportedly had no children and died in 1979.

Dryden has been trying for more than a year to establish whether he is Diefenbaker’s offspring. Earlier this year, he hired a company to conduct DNA tests on a few artifacts at the centre, but the results were inconclusive.

THE CANADIAN PRESS

Wild ride

Animals seized in Vietnam

Police have seized four baby tigers and more than 100 pangolins being transported in a car in central Vietnam.

A police officer in Ha Tinh province says two men were detained for questioning after officers seized the live animals Tuesday.

Pangolins are scaly anteaters native to Asia and Africa.

Tiger bones are used in Vietnam to make a traditional painkiller that sells for several hundred dollars an ounce.

THE ASSOCIATED PRESS

Bogus cash

Man eats up counterfeit money: Police

Authorities say a 35-year-old man tried to swallow several counterfeit $50 bills after he was caught trying to use the bogus money at a western New York amusement park.

THE ASSOCIATED PRESS

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Matthew

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Whitney

I have done as much research as I could on my own, but nothing as intense as what I just experienced. Lots of info that I don't know how I would have found out other than by making the mistakes and finding out the hard way.
Chris

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Fatal shooting mars election victory by Parti Québécois

Quebec votes.
At least one person is killed in incident as PQ accepts task of heading up a minority government

The Parti Québécois marked a return to power after nine years in opposition, but its parade was shattered Tuesday by an attack that saw two people shot, with one of them killed, and a weaker-than-desired result that could severely limit its ability to pursue its independence agenda.

Premier-in-waiting Pauline Marois was whisked off the stage by guards during the attack, in which a fire was also set in the back of the assembly hall where she was giving her victory speech.

Police tackled a housecoat-wearing suspect to the ground and took him away in a patrol car. The suspect, while being dragged toward the police cruiser, shouted in French, "The English are waking up!"

It was certainly the strangest, and least jubilant, election win in PQ history.

The party has never governed with a minority in its history and, therefore, has never faced the need to table a referendum question, an inaugural speech or any other confidence measure with the support of parties that oppose its core values.

Its score in the popular vote was lower than at any time it has governed. The PQ took about 32 per cent of votes. That was just one percentage point more than the governing Liberals, who staved off the electoral annihilation many had predicted. The new Coalition party had 27 per cent.

How narrow was this victory?

Even after having served three terms, sustaining numerous scandals and having lost his own seat Tuesday, it was unclear whether Premier Jean Charest would actually resign as Liberal leader.

THE CANADIAN PRESS

By the numbers

54

The PQ won 54 ridings in Tuesday's election, shy of the 63 needed for a majority in the 125-seat legislature.

Parti Québécois Leader Pauline Marois is removed from the stage in Montreal on Tuesday after a shooting during her victory speech.
GRAHAM HUGHES/THE CANADIAN PRESS

United Nations

Number of Syrian refugees spikes

More than 100,000 Syrians sought refugee status during August in what the United Nations describes as an eye-popping escalation in the pace of departures since the hostilities began.

The August total accounts for more than 40 per cent of the 234,368 Syrian refugees who, as of the last count on Sept. 2, had fled for surrounding countries since the uprising began 17 months ago, the UN refugee agency said Tuesday.

The tide in people fleeing the civil war underscores the intensifying violence between President Bashar Assad's regime and the armed anti-government groups. THE ASSOCIATED PRESS

Syrian support

Al-Jazeera site targeted by hackers

Hackers replaced the home page of Al-Jazeera TV's Arabic site with a statement that says Tuesday's cyber-attack was a protest against its coverage of the Syria civil war. TV broadcasts in Arabic and English were not affected. THE ASSOCIATED PRESS

Egypt

Islamists solidify grip on power

Egypt's leadership took a new move Tuesday to put its stamp on the country's government, appointing Islamists as provincial governors and installing them in the state's top human-rights body and a powerful media council. THE ASSOCIATED PRESS

Australia-Indonesia

Growth in asylum seekers spurs closer maritime ties

An Australian official says his country and Indonesia will boost maritime cooperation as boat accidents carrying asylum seekers are increasing.

Transport Minister Anthony Albanese told a news conference Tuesday that Australian aircraft will be allowed to enter Indonesia's airspace and refuel during searches and rescues.

Indonesia is a transit point on the hazardous sea journey to Australia. Accidents have increased as more ships enter the seas ahead of a new immigration policy taking effect in Australia. THE ASSOCIATED PRESS

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Presidential race. Romney ahead of Obama in raising campaign cash

Republican Mitt Romney's presidential campaign has raised at least $100 million US for the third consecutive month, building upon support that has allowed him to out-raise President Barack Obama so far this summer, The Associated Press has learned.

The early numbers for August, which include money raised by the national Republican Party, will be publicly released next week.

They were described by two people familiar with the figures who spoke on condition of anonymity because they were not authorized to share internal campaign matters.

The numbers were revealed on the first day of the Democratic National Convention, where delegates will nominate Obama for a second term.

THE ASSOCIATED PRESS

Former record breaker

- **Outspent.** While once a record-breaker — Obama raised a remarkable $750 million US four years ago — the president's advisers are now publicly acknowledging he will likely be outspent.

A woman poses with her Obama gear at the Democratic National Convention on Tuesday in Charlotte, N.C. The DNC will run through Sept. 7. JUSTIN SULLIVAN/GETTY IMAGES

New details

Bin Laden book contains classified info: Pentagon

A former Navy SEAL's insider account of the raid that killed Osama bin Laden contains classified information, the Pentagon said Tuesday, and the admiral who heads the Naval Special Warfare Command said details in the book may provide enemies with dangerous insight into secretive U.S. operations.

Rear Adm. Sean Pybus told his force Tuesday that "hawking details about a mission and selling other information about SEAL training and operations puts the force and their families at risk.

"For an elite force that should be humble and disciplined for life, we are certainly not appearing to be so," Pybus wrote in a letter to the troops under his command. THE ASSOCIATED PRESS

Demonstrators target Democratic convention

Roadblock. Protesters take part in sit-in near the convention

Protesters blocked an intersection near the Democratic National Convention in Charlotte, N.C., for about two hours on Tuesday, attracting hundreds of police officers before they were allowed to keep walking. It was the tensest demonstration yet outside either of this year's major national political conventions.

A group of about 50 protesters on an unauthorized march had sat down in an intersection about five blocks from the site of the convention to formally name Barack Obama as the Democratic Party's candidate in the November presidential election.

A half-dozen military veterans led the group and were joined by approximately 200 others, many of whom appeared to be part of the Occupy movement against economic inequality.

A protester who identified himself to a reporter as veteran John Penley said he and other former service members wanted to raise awareness of veterans issues and talk to delegates.

Some also protested the incarceration of a U.S. soldier accused of giving classified documents to the anti-secrecy website WikiLeaks, Pfc. Bradley Manning, chanting: "Free Bradley, arrest Barack."

Penley was later put in handcuffs by officers after he tried to cross the barricade. Another protester was also taken away in handcuffs.

Occupy demonstrators and police stand in a downtown street on Tuesday during an unscheduled protest march in Charlotte, N.C,. site of this week's Democratic National Convention. CHUCK BURTON/THE ASSOCIATED PRESS

The impasse was broken after two protesters spoke to the Charlotte police chief and said they were told they could continue to walk as a group on public sidewalks.

While the afternoon demonstrations were tense, they were free of violence or mayhem.

THE ASSOCIATED PRESS

Demonstration

- **Camping.** The marchers eventually agreed to head back to a park where they were camping.
- **Turnout.** Hundreds of protesters also demonstrated outside the Republican National Convention last week, but the turnout was far smaller than expected.

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Sinkhole swallows vehicle in Ottawa

A car is seen after falling into a hole on an Ottawa highway Tuesday. Fire officials say a driver suffered minor injuries. Spokesman Marc Messier says the car fell into the hole on the Highway 174 off-ramp at Jeanne D'arc Boulevard. The driver was the only person in the car. OTTAWA FIRE DEPARTMENT/THE CANADIAN PRESS

Motorist drives into speeding car to save children

Edmonton. While police don't recommend this, driver may get a citizen citation award

LAURIE CALLSEN
Metro in Edmonton

The Edmonton Police Service is crediting the actions of a Good Samaritan motorist who intercepted a speeding car that could have hit four young pedestrians last Friday.

EPS responded to a two-car crash at a mall around 4:25 p.m., where they learned that a Hummer deliberately drove into a speeding Pontiac G5 that was about to hit four children using the crosswalk across 84th Avenue.

Quoted

"I guess I just got in front of that car and deflected him."
Darrell Krushelnicki, Good Samaritan

Witnesses told police that the driver of the Pontiac was speeding and talking on his cellphone as he passed by several vehicles stopped to let the pedestrians cross.

Darrell Krushelnicki of Taber was leaving the mall parking lot at the time and saw the speeding vehicle headed directly toward the children, ranging in age from three years old to 16 years old.

"I guess I just got in front of that car and deflected him," said Krushelnicki. "It was a reaction. I could see what might happen. Because all the vehicles around me had stopped, I could see what was going to happen. It was an instinct thing."

If it wasn't for Krushelnicki's actions, police spokesperson Scott Pattison said it could have been a tragic situation, as officers believe that the Pontiac was driving around 80 km/h in a 30 km/h crosswalk zone.

"He did a very valiant thing. Obviously police don't recommend that people do those sorts of things that put their own lives in jeopardy, but certainly we could have been talking about a very different story today," Pattison said, adding that Krushelnicki may also receive a citizen citation award.

John Troy Heitzman, 23, has been charged with dangerous driving.

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Peace talks, but no ceasefire, for Colombia

Colombia's President Juan Manuel Santos gives a speech at the presidential palace in Bogota last month. Santos announced on Tuesday a preliminary accord with the main leftist rebel group to launch peace talks.

FERNANDO VERGARA/THE ASSOCIATED PRESS

Accord. Agreement signed Aug. 27 by government and rebels

Colombia and its main leftist rebel group said Tuesday they have signed an accord to launch peace talks next month aimed at ending a stubborn, half-century-old conflict that has claimed tens of thousands of lives.

In a nationally televised speech, President Juan Manuel Santos called the pact a road map to "a definitive peace." It was reached after six months of direct talks in Cuba, with that country's government and Norway serving as brokers following a year and a half of preparatory work. The agreement doesn't grant a safe haven to the Revolutionary Armed Forces of Colombia, or FARC, as the last peace talks did.

They ended disastrously in 2002 after three years of negotiations with the hijacking of a commercial airliner that ended the patience of then-President Andres Pastrana. Operating from a Switzerland-sized safe haven in southern Colombia, the rebels had never ceased to wage war, kidnap and traffic in cocaine.

Starting decades ago, the conflict has in essence been a class struggle distorted by the drug trade where the principal victims have been civilians.

The new attempt to end the Western Hemisphere's longest-running conflict will begin in the first half of October in Oslo, Norway, and continue in Havana. Venezuela and Chile will "accompany" the talks. How their roles will differ from those of Cuba and Norway was not explained.

Shortly after Santos spoke, the rebels held a news conference in Havana and played a video of their 53-year-old commander, Timoleon Jimenez, who acknowledged the withering pressure from Colombia's U.S.-backed military.

Jimenez, speaking from what appeared to be a jungle setting with a poster of the FARC's late founder Manuel Marulanda behind him, issued an angry tirade against his country's military, calling its members "bloody-toothed vampires" who helped powerful multinationals "sack the country's riches."

Jimenez excoriated the government for not ceding territory or agreeing to a cease-fire but said the rebels agreed to talk peace because the government agreed to discuss issues vital for the rebels including land restitution and rural development.

The FARC has recently been stepping up hit-and-run attacks but has also continued to suffer, especially in air raids by planes fitted with U.S. avionics and targeting systems. On the eve of the announcement, the military said at least seven guerrillas were killed in a raid early Monday. THE ASSOCIATED PRESS

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Water-bombers speed to Portugal to fight 'perfect storm' of fires

Drought tightens its grip. Spain, France answer the nation's plea for help as tinder-dry woodland erupts in flames

Water-dumping aircraft from Spain and France on Tuesday joined Portugal's battle to halt the spread of menacing wildfires.

The fires were raging through thick woodland in the country's north that has been left tinder-dry by months of drought.

Spain and France sent two aircraft each, a day after authorities appealed for help for fire crews struggling to contain blazes amid high temperatures and strong winds.

Officials said just over 1,000 firefighters were tackling 10 blazes in steep hills and dense forests in northern Portugal.

Searing toll

Portugal is in the grip of one of the worst droughts in recent memory.

- **Heatwave.** At the end of July, 58 per cent of the country was enduring extreme drought conditions and 26 per cent was in severe drought — the two highest classifications.

More than 350 vehicles and 19 aircraft, including those from Spain and France, were on duty, they said.

In remote villages, locals used buckets and garden hoses to douse flames encroaching on their homes.

Interior Minister Miguel Macedo met with national fire officials and said the temperatures above 30 C, high winds and difficult terrain "have produced what firefighters call a perfect storm."

THE ASSOCIATED PRESS

Firefighters battle to douse a blaze in Alvaiazere, central Portugal, on Tuesday. Officials say firefighters extinguished a 30-hour blaze that claimed the life of one person. On Monday, more than 7,300 firefighters and almost 2,000 vehicles attended 289 major forest fires. FRANCISCO SECO/THE ASSOCIATED PRESS

CMA expert slaps spanking law

The Canadian Medical Association Journal says it's time to do away with the Criminal Code's so-called spanking law.

A strongly worded editorial in the journal Tuesday calls for the repeal of Section 43 of the Criminal Code, which gives parents and teachers a legal defence when they physically discipline children.

"It is time for Canada to remove this anachronistic excuse for poor parenting from the statute book," editor-in-chief John Fletcher writes in a signed editorial.

The editorial will likely reignite debate on a controversial topic that has inflamed opinion for decades.

The Supreme Court of Canada upheld the Criminal Code provision by a 6-3 margin in a landmark 2004 ruling.

The high court ruled that the provision did not infringe a child's right to security of the person under the Charter of Rights and Freedoms and does not constitute cruel and unusual punishment.

Several private members' bills to ban corporal punishment have failed in the House of Commons and Senate, most recently in 2008.

Quoted

"To have a specific code excusing parents is to suggest that an assault by a parent is a normal and accepted part of bringing up children. It is not."

John Fletcher, CMAJ editor-in-chief, in a signed editorial

In the editorial, Fletcher argues that parents need to be educated on how to discipline their children.

He said the Criminal Code needs to be amended because it tells parents that physical punishment is an acceptable way to discipline their children.

The Library of Parliament found that public opinion on the topic has been divided.

It said a 2003 poll found 69 per cent of Canadians favoured repealing Section 43 for teachers.

But only 51 per cent of respondents said it should be removed for parents.

THE CANADIAN PRESS

Starstruck. Spacecraft will quit solar system to probe brave new world

Thirty-five years after leaving Earth, Voyager 1 is reaching for the stars.

The workhorse spacecraft will bid adieu to the solar system and enter a new realm of space — the first time a manmade object will have escaped to the other side.

Perhaps no one on Earth will relish the moment more than 76-year-old Ed Stone, who has toiled on the project from the start.

"We're anxious to get outside and find what's out there," he said.

When NASA's Voyager 1 and Voyager 2 first rocketed out of Earth's grip in 1977, no one knew how long both craft would live. Now, they are the longest-operating spacecraft in history.

Voyager 1 is currently more than 11 billion miles from the sun.

Voyager 2 trails behind at 9 billion miles from the sun.

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Sex-change surgery. U.S. prison ordered to pay for inmate's reassignment

A federal judge on Tuesday ordered state prison officials to provide taxpayer-funded sex-reassignment surgery to a transgender inmate serving life in prison for murder.

Michelle Kosilek was born male but has received hormone treatments and now lives as a woman in an all-male prison. Robert Kosilek was convicted of murder in the killing of his wife in 1990.

U.S. District Judge Mark Wolf is believed to be the first federal judge to order prison officials to provide sex-reassignment surgery for a transgender inmate.

Kosilek first sued the Massachusetts Department of Correction 12 years ago. Two years later, Wolf ruled that Kosilek was entitled to treatment for gender-identity disorder but stopped short of ordering surgery. Kosilek sued again in 2005, arguing that the surgery is a medical necessity.

In his ruling Tuesday, Wolf found that surgery is the "only adequate treatment" for Kosilek's "serious medical need."

"The court finds that there is no less intrusive means to correct the prolonged violation of Kosilek's Eighth Amendment right to adequate medical care," Wolf wrote in his 126-page ruling.

Prison officials have repeatedly cited security risks in the case, saying that allowing Kosilek to have the surgery would make her a target for sexual assaults by other inmates.

THE ASSOCIATED PRESS

Radio talk shows

Kosilek's lawsuit has become fodder for radio talk shows and lawmakers who say the state should not be forced to pay for a convicted murderer's sex-change operation.

- **Expensive procedure.** A sex-change operation can cost up to $20,000 — especially since many insurance companies reject the surgery as elective. Inmates in Colorado, California, Idaho and Wisconsin have sued unsuccessfully to try to get the surgery.

This time he is wearing pants

A fully clothed Prince Harry, putting the nude-photos scandal behind him, poses for photographs with Great Britain swimming gold medallist Jessica-Jane Applegate during a visit to the Aquatics Center during the London 2012 Paralympic Games at the Olympic Park in London Tuesday. STEFAN ROUSSEAU/THE ASSOCIATED PRESS

McDonald's

McVeggie coming to India

McDonald's Corp., the fast-food chain that brought the beef hamburger to the world, is opening its first company-operated vegetarian-only restaurants.

The world's biggest hamburger chain says the locations in India will serve only vegetarian food because of customer preferences in the region. The company could not immediately say when the restaurants would open or how many there would be.

McDonald's says its kitchens in India are already separated into sections for cooking vegetarian and non-vegetarian food and restaurants there do not sell any beef or pork.

They also have menu items that cater to local tastes, such as the Maharaja Mac, which is a Big Mac made with chicken patties.

McDonald's says local franchises in India and other regions may already serve only vegetarian food.

THE ASSOCIATED PRESS

METRO CUSTOM PUBLISHING

GIVING THEM A CHANCE

For most of his life, Robert Edwards of Burnaby, B.C., was a self-labelled "aristocrat" whose travel only took him to other countries for business.

Then, 20 years ago, one particular trek to Cambodia — and a group of street children — marked a turning point in Edwards' journey.

He discloses, "What even today puts a lump in my throat is when I see a child that's maybe nine years old, carrying a three-year-old child. This little group of children (in Phnom Penh) were looking after each other, and it broke my heart to think that children were so dependent on another child to survive."

Edwards spent several days trying to feed the children he had met. "I tried to start a distribution of food for them, but it didn't materialize and that's when I realized I needed an organization like World Vision."

Today, Edwards sponsors 10 children around the world and, in 2009, travelled to Mongolia with World Vision to visit one of those children through the organization's volunteer program called Destination Life Change.

"I've been a globetrotter, world traveller, backpacker, and whatever else," Edwards says. "I thought I wasn't going to experience the life change that most people would. I was totally wrong. By going on Destination Life Change I saw what we can do, what we are doing, why every individual can be a part of it. I think sponsorship is remarkable. I don't think we can ever get enough people to volunteer to get one more child sponsored."

Edwards' passion to care for children is clear: "Sometimes I can't comprehend," he admits with strong emotion, "why for $39 (a month) there's a moment of hesitation in sponsoring another child — to help that child have an equal footing when our children have so much.

In Mongolia, Robert Edwards met Oyungerel, one of his 10 sponsored children. He was touched by the big hug she gave him as they said goodbye, and her grandparents' request that he return to visit.

"We're giving people and their children an opportunity to find dignity … not only in their communities, but in the world. If these children are educated and have a chance, they are going to be the next leaders, and I think every child should have that chance."

German far-right leader vows to take party mainstream

National Democratic Party of Germany — The People's Union. Bloc drawing the ire of authorities as well as some of its own members

At a rally of Germany's biggest far-right party, skinheads raise fists to nationalist chants and wear T-shirts that skirt the limits of German law: "Enforce National Socialism" reads one; another proclaims the wearer to be "100 per cent un-kosher." Some cover illegal neo-Nazi tattoos with masking tape because police are on the prowl.

But the party's leader insists he is taking his National Democratic Party mainstream.

"My aim is to make the NPD a party firmly based in the present and looking toward the future," Holger Apfel said in an interview at the rally. Breaking a far-right taboo, he said that Nazi Germany's record during the Second World War included "crimes."

Apfel has tactical reasons for toning down his message: Authorities are currently considering a ban on the party. Yet the attempt to appeal to the centre has prompted anger in the country's small but entrenched ultra-right movement, where many refuse to acknowledge that Germany under Nazism — or National Socialism — was responsible for the slaughter of six million Jews. Some NPD members have left; others threaten to do so.

Despite talk of change, it doesn't take long for Apfel to show his own flashes of hardcore xenophobia, which extend to seeing a threat to the "biological basis" of the German people.

He frowned when asked his feelings about the success of Marcel Nguyen, a half-Vietnamese gymnast who won two silver medals for Germany at the 2012 Olympics.

"I can freely say it's not something that causes me euphoria," Apfel said, before hastily adding: "But you won't see us calling for the deportation of half-breed children."

THE ASSOCIATED PRESS

Quoted

"We ... have to ensure that Germany again becomes the country of the Germans. We see the growing danger that the biological basis of our people will wither away because there's an increasing mixing."

Holger Apfel, leader of the National Democratic Party

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TV ruled Canadian households in 2011: CRTC report

Broadcasting. Traditional media remains solid despite more online options, wireless devices

Canadians' love affair with television programs remains undiminished, despite the proliferation of new online and wireless platforms that were supposed to threaten traditional media.

The CRTC's new report on the communications industry shows Canadians watched an average of 28.5 hours of TV every week last year, up 30 minutes from 2010, even though they had more media choices than ever before.

In fact, Canadians increased their TV-program viewing even more — if the 2.8 hours spent watching television shows online is included.

Radio listening was also up only more moderately, from 17.6 to 17.7 hours a week.

"The fact that they are spending more time watching or listening to programming is good news for Canadian creators," said Jean-Pierre Blais, chairman of the Canadian Radio-television and Telecommunications Commission, in the annual report from the federal regulator.

It's also good news for communications companies.

Broadcast revenues climbed 5.5 per cent to $16.6 billion from 2010, and revenues from telecommunications services increased by 2.5 per cent to $42.7 billion. On average, consumers spent an average of $180 a month on services.

Overall, the communications industry accounted for about 4.6 per cent of Canada's gross domestic product in 2011.

The growth in the traditional media occurred even though, as the report shows, Canadians were expanding their use of computers and wireless devices, such as smartphones.

By the end of 2011, 78 per cent of 13.4 million households had an Internet connection, and Canadians continued to migrate to faster services.

THE CANADIAN PRESS

Cable nation

There was a six per cent spike, to 27.4 million, in the number of Canadians subscribed to wireless services.

- Meanwhile, 2.2 per cent more Canadians subscribed to basic television services, representing about 90 per cent of the population.
- The only loser was home-phone subscriptions, which fell 2.7 per cent to 12.2 million in 2011, continuing a trend.

Iron Lady's wool suits sold

The turquoise wool suit, left, that former British Prime Minister Margaret Thatcher wore on the day she was confirmed as Conservative Party leader sold at auction for $39,000 on Monday. Separately, a buyer in South Korea snagged six other striking outfits on auction, all of which were worn by Thatcher in the 1970s before she became prime minister. In total, the outfits fetched a little more than $114,000 — far exceeding the initial estimates of $1,500 to $2,300 for each outfit. SANG TAN/THE ASSOCIATED PRESS FILE

South Africa

Buffalo breeder nets $3.25M

A young buffalo bull with massive bowed horns sold at auction for a record 26 million rand ($3.25 million US), the South African Stud Breeders' Association said Tuesday.

Owner Jacques Malan said the almost-five-year-old bull called Horizon has horns measuring 130.5 centimetres long and a boss, or horn base, nearly 41 centimetres wide — a South African record for an animal that age.

THE ASSOCIATED PRESS

Automakers

August sales up from a year ago

Canadian car and light truck sales for August climbed 6.4 per cent from a year ago, according to data compiled by DesRosiers Automotive Consultants.

Light vehicle sales totalled 149,301, up from 140,361 a year ago.

The big U.S. automakers, Ford, General Motors and Chrysler, were the three top selling manufacturers for the month, finishing first, second and third respectively.

THE CANADIAN PRESS

Market Minute

DOLLAR 101.44¢ US (-0.01¢)

TSX 11,941.7 (-7.56)

OIL $95.30 US (-$1.17¢)

GOLD $1,696 US (+$8.40)

Natural gas: $2.85 US (+5¢)
Dow Jones: 13,035.94 (-54.9)

N.Y.C. Diet groups support ban on big, sugary drinks

Weight Watchers, Jenny Craig and other diet groups said Tuesday they are supporting the Big Apple's proposed crackdown on super-sized, sugary drinks, adding prominent weight-loss groups' influence to the campaign ahead of a vote next week.

Mayor Michael Bloomberg and Weight Watchers North America president David Burwick announced the groups join a list of physicians, elected officials and others who have come out in support of the plan.

The proposal calls for restaurants, movie theatres, sports arenas, food carts and delis to stop selling sodas and other sugary drinks in servings larger than 475 millilitres (16 oz).

THE ASSOCIATED PRESS

Habitual inaction

"There has been a lot of discussion about obesity, but little action."

Weight Watchers North America President David Burwick, explaining why they support this effort to help New Yorkers live healthier.

Technology. Apple to reveal iPhone 5 to media?

Apple Inc. on Tuesday invited reporters to a news conference next week in San Francisco with a message that suggests that it will reveal the iPhone 5, as expected.

The email invitation shows a big "12," for Sept. 12, casting a shadow in the shape of a "5."

Various unconfirmed reports have pointed to Sept. 12 as being the day Apple Inc. shows off the new phone, which is expected to go on sale a week or two later. The next iPhone is expected to have a taller screen and the ability to access the latest wireless data networks in the U.S. Analysts expect it to set sales records.

Other unconfirmed reports say Apple will reveal a smaller version of the iPad, taking on competitors like Amazon.com Inc.'s Kindle Fire, which have nibbled on the edges of the iPad's dominance in the tablet category.

On Wednesday, Nokia and Motorola are holding events of their own in New York, apparently to reveal their latest products ahead of the iPhone launch. THE ASSOCIATED PRESS

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There's battle lines being drawn
Nobody's right if everybody's wrong…
Buffalo Springfield — For What It's Worth

The battle lines are indeed being drawn in New York City in advance of the vote to ban big sugary drinks in the Big Apple, set for Sept. 13.

Weight Watchers, Jenny Craig, the South Beach Diet, etc., are all lining up alongside Mayor Michael Bloomberg, who wants to make it illegal to sell any sugary drink larger than 16 ounces, or, as we like to say here in Canada, 475 millilitres.

On the other side: New Yorkers for Beverage Choices, which enlists more than 2,000 businesses and a quarter of a million people. According to the New York Times, six in 10 New Yawkahs oppose the ban.

Not your sugar daddy

As with every other discussion in the U.S., the battle lines are drawn around individual freedom. You either have the freedom to drink your face off and court obesity, diabetes, heart disease and cancer, or you don't.

Of course, you could just buy X number of 16-ounce beverages and thwart the mayor's evil scheme, but nothing says convenience like a two-litre Double Gulp, especially after all those salty fries and triple-decker cheese-and-bacon burgers.

As with every other discussion in the U.S., the battle lines are drawn around individual freedom. You either have the freedom to drink your face off and court obesity, diabetes, heart disease and cancer, or you don't.

New York's mayor argues that you don't, and is supported by the fact that the city faces an annual $4-billion US price tag to handle the health problems of the obese.

The other guys say this is just the thin edge of the wedge and do you really want the government telling you what and how much to eat and drink? As someone who just spent a day at the PNE (Pacific National Exhibition) and managed to resist deep-fried Wagon Wheels and Mars bars, but stumbled over those cinnamon- and sugar-encrusted mini-doughnuts, it's hard to disagree.

Where do you draw the line? Most of us are in favour of a balanced diet, but the diet and nutrition neighbourhood is not a safe place for moderates these days. Everything except lentils is bad for you, and you can bet there's someone who can prove beyond a doubt that lentils cause cataracts, chancre sores and/or cancer. If Bloomberg can get big sugary drinks banned, what about those nasty lentils?

Still, more than one-third of U.S. adults (35.7 per cent) and 17 per cent of children and adolescents aged two to 19 years are obese. (The number is a little better in Canada — 23 per cent of adults.) Not "a little pudgy" or "could afford to lose a few pounds." Obese. And the crazy thing is we have the cure, which can be summarized in two words: Eat less.

Sometimes in the war of words, less is more.

A man protests against New York City Mayor Michael Bloomberg's proposal to ban sugary soft drinks over 16 ounces (475 millilitres). GETTY IMAGES FILE

Can you spot the Piranha?

GETTY IMAGES PHOTOS

Paralympic sensation

Swim won in record time

This glorious image shows Paralympic swimmers taking off in the 200-metre medley SM6 category.

This race is for athletes who have lost limbs, have co-ordination problems or are considered dwarfs. It was won by British swimmer Eleanor (the Piranha) Simmonds — who suffers with dwarfism — in world-record time. It was the fourth Paralympic gold for the 17-year-old. METRO

The Piranha poses with her gold.

Underwater Olympic cam

- The L2012 camera races with the swimmers, and even tweets at the same time.

Streaking ahead

9

Simmonds finished the race nine seconds ahead of Germany's Verena Schott, who took silver, with another Briton, Natalie Jones, taking bronze. Simmonds set a new world-record time of 3:05:39.

Metropolitan Panel

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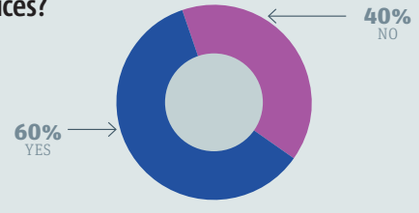

Twitter

@hfialkov:
Roberto Luongo practices at Panthers facility and says Panthers are his preferred, 'destination' http://sunsent.nl/Q32xTt #flapanthers #nhl

@mbretosESPN:
Yo @VinMasi. -Roberto Luongo first player in NHL history to demand to be traded to Panthers?

@TheGoalieGuild:
Everyone talking about Theodore going back to Vancouver in potential Luongo trade. But if I were Gillis, I'd honestly rather own Clemmensen.

@Steve_Dangle:
I can't understand what Luongo is doing. He got such an easy ride in Vancouver and everyone gave him a fair chpfffhahaha I'm sorry, I can't.

@JLeece:
Oh Roberto @strombone1 you have so many fans here in #Vancouver that want you to stay & get your job back!

metro

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SCENE 2

Bradley Cooper stars in The Words, a film directed by his best friend Brian Klugman. HANDOUT

Cooper complicated in The Words

New film. Multi-layered flick follows a struggling writer's rise to fame and how he deals with decisions

NED EHRBAR
Metro World News

For Bradley Cooper, signing on to star in The Words — co-written and co-directed by his childhood best friend, Brian Klugman — was a no-brainer. But that doesn't mean he was entirely comfortable actually playing Rory Jansen, a struggling writer who discovers a lost manuscript and passes it off as his own, leading to overnight literary success.

"I was very scared that I was going to fail (Klugman and co-director/co-writer Lee Sternthal) when they asked me to do it," Cooper admits. "I said yes because I would do anything for them. Brian is my best buddy. It was a week before shooting, I was reading the script one last time, and he knew I was worried that I really didn't get Rory."

The multi-layered film follows Rory's rise to fame, his wife (Zoe Saldana) supporting him all the way while also telling the story recounted in the lost manuscript, a tragic love story set in post-Second World War Paris between a young American GI (Ben Barnes) and French woman (Nora Arnezeder). Framing all of that is an established author (Dennis Quaid) re-telling the entire tale, with a very interested listener (Olivia Wilde) pressing him for more details. The film itself gave Cooper a kind of thrill he hasn't necessarily gotten in a while and it "got me to places I didn't know I could get to," he says.

Quote

"It's much more complicated then a plagiarist who wants success."

Bradley Cooper
Talking about his character Rory Jansen

While the act of plagiarism at the heart of the plot may be tough for audiences to sympathize with, Cooper found a way of understanding Rory's decision.

"It's much more complicated then a plagiarist who wants success. His goal is not to be a famous writer. His goal is to meet the expectations he has of himself," Cooper explains. "I don't see Rory as a slime-bag at all. I see him as a man who's not really a man and grappling with what it is to be a man. I think his Achilles heel is his impatience, and the thing I really liked about the script and the hook for me was the fact that he actually is a good writer. He's not a poor writer who's just looking for any way to get success, but he's just so preoccupied with living up to some idea who he thinks she should be. That's his fatal flaw."

Rory suffers his fair share of rejection before stumbling upon the words that will make him famous, and Cooper himself admits he's no stranger to rejection as an actor — in fact, in his early days he was a little too used to it.

"When I first started auditioning, I didn't realize — and I'm not even kidding — that you actually could book a job," he says. "I still remember when I booked Sex and the City, I was actually very frightened because I had to actually do the job. I didn't really understand that concept. I was like, 'What do you mean, it's not a videotape in a room? We're actually going to be on the street, with Sarah Jessica Parker?' I came at it from another side where rejection was normal and getting it was odd."

On the web

Former football star Michael Strahan becomes Kelly Ripa's co-host of morning TV show

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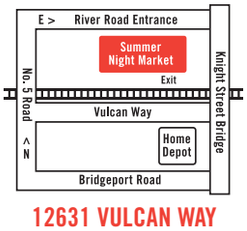

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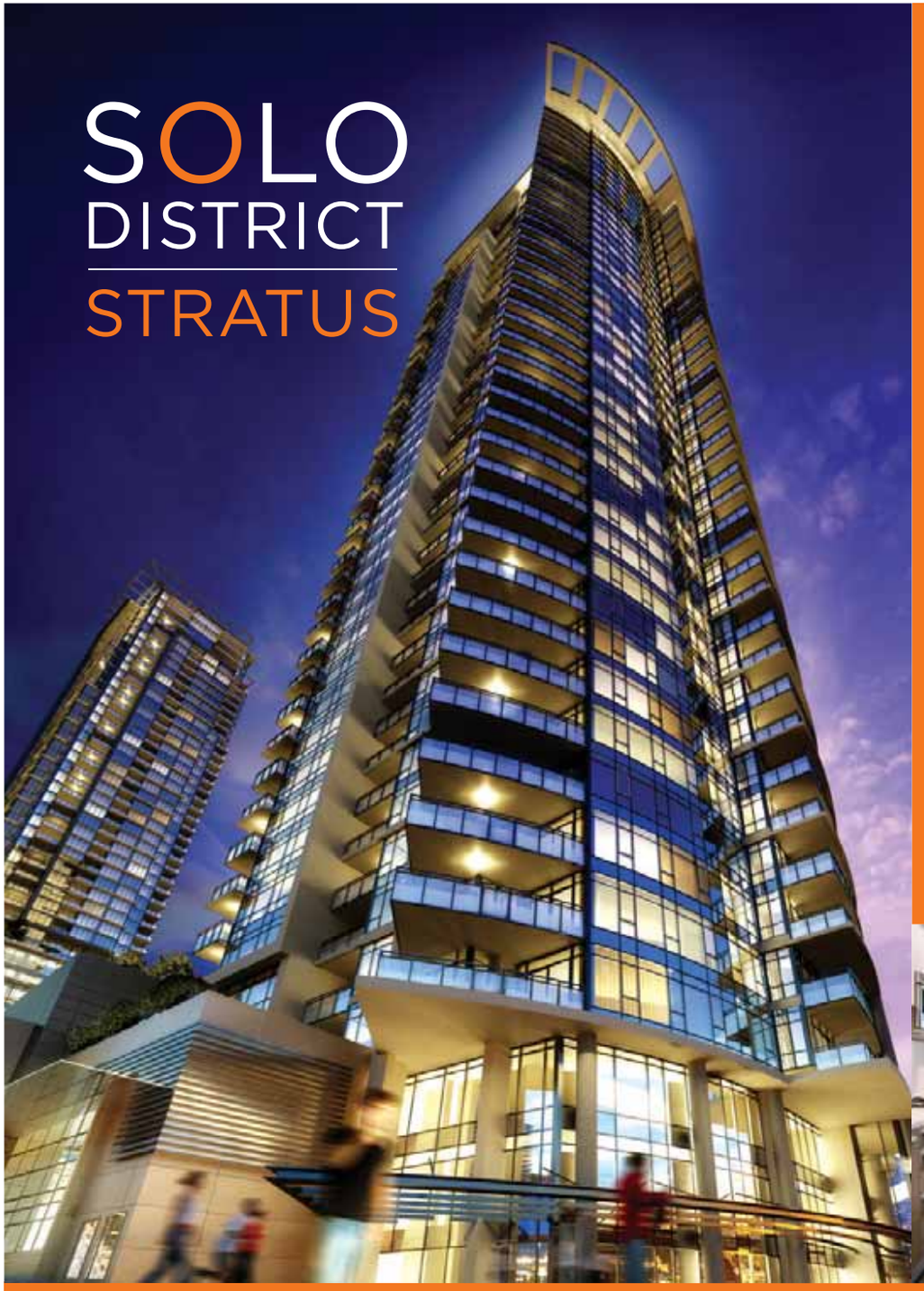

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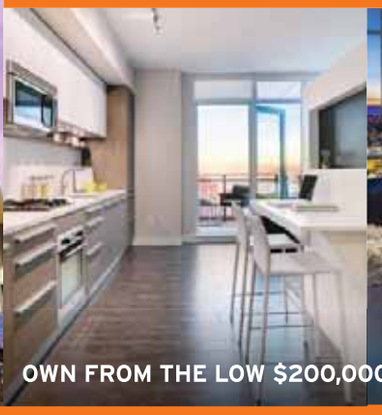

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Michael Jackson

Jackson was a 'mess' during tour preparations

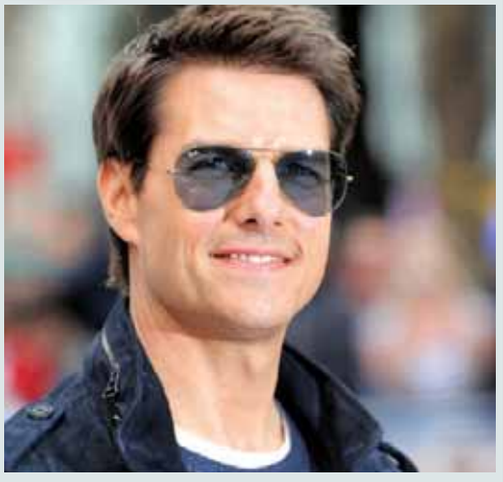
Michael Jackson was reportedly a mess during preparations for his This Is It tour in the weeks leading up to his death, according to 250 pages of emails between executives for AEG, the tour's backer, obtained by the L.A. Times. "MJ is locked in his room drunk and despondent," AEG's Randy Phillips writes. "I [am] trying to sober him up." Phillips' attempts to get the singer to work apparently didn't go well: "I screamed at him so loud the walls are shaking," he writes. "He is an emotionally paralyzed mess riddled with self-loathing and doubt now that it is show time."

More ink for Biebs

Justin Bieber's tattoo addiction continues, as the 18-year-old singer debuted his latest work, a small crown on his chest, in a shirtless photo on Twitter. Bieber's other numerous tattoos include a portrait of Jesus on one leg and a pair of praying hands on the other, the Hebrew word for Jesus on his rib cage and the word "believe" on his forearm. The crown marks Bieber's seventh tattoo. He also took the chance to tease himself for posting so many topless photos of himself on Twitter, writing, "I'm thinking to myself 'wow really justin 3 shirtless pics in 3 days' who do I think I am a young [Mark Wahlberg]?"

Justin Bieber

The Word



Cruise too good for OKCupid

THE WORD
Monica Weymouth
scene@metronews.ca

Although Tom Cruise's reps have dismissed Vanity Fair's latest cover story as "lies designed to sell magazines," writer and director Paul Haggis has come out in support of the article, which alleges that the Church of Scientology acts as Cruise's creepy personal dating service.

In a letter to entertainment website Showbiz 411, Haggis, a former Scientologist, confirms that the church thoroughly vetted Iranian actress Nazanin Boniadi in 2005, then ostracized and humiliated her when she wasn't deemed a suitable wife for the actor.

"I was deeply disturbed by how the highest-ranking members of a church could so easily justify using one of their members; how they so callously punished her and then so effectively silenced her when it was done," Haggis writes. "It wasn't just the threats; they actually made her feel ashamed, when all she had been was human and trusting."

We're not sure what's so wrong with trusting, but human? Definite Cruise deal-breaker.

Minka Kelly

Minka Kelly rekindling romance with Human Torch

Avengers star Chris Evans and Minka Kelly have reportedly begun dating again, rekindling their romance that flickered briefly in 2007, according to Us Weekly.

"She did a number on him back then," a source says. "But she reached out to Chris this time." In the meantime, the actress dated New York Yankees star Derek Jeter from 2008 to 2011.

While the pair have reportedly been hitting the town in Boston and New York in the past month, Evans' friends hope he takes it slow: "He's still a little insecure, so he's being cautious," a pal tells the magazine.

Twitter

@kevinbacon
Me and my boy don't often do the suit and tie thing but weddings are a chance to dapper up!

@SandraBernhard
in lieu of shabbat i'll be listening to bon jovi's living on a prayer.

@JerrySeinfeld
Gotta go..

@SarahKSilverman
Gonna see what comes up when I google "Hitler fan fiction" Stand by

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EMMA E FORREST
travel@metronews.ca

5 private islands

1 Wilson Island, Australia

Where? Great Barrier Reef, Queensland, Australia
What? This tiny tropical coral dot of sand in the Great Barrier Reef is probably the most romantic campsite in the world, with six luxury tents placed steps away from silvery sands that melt into the azure sea where you can explore a whole reef full of colourful marine life. Spend all day languishing in a hammock, go snorkeling or kayaking and by night compare notes over a moonlit dinner of fresh fish in the communal dining area.
For how many? 12
Exclusive rental? From $391 each per night, including all meals and drinks. wilsonisland.com.au, Book through tailor-made.co.uk.

2 Fort Clonque

Where? Alderney, Channel Islands, United Kingdom
What? If you're looking for character in your private island then this pocket-sized historic fortress is a great one, linked by a causeway to the island of Alderney in the Channel Islands, about 24 km from the north-eastern tip of France. Fort Clonque was built on a group of rocks just off Alderney in the mid-19th Century and discovered by Hitler in 1940 who refortified it with a vast casement for a huge gun, which was transformed into an elegant bedroom when it was refurbished in the late 1960s.
For how many? 13
Exclusive rental? $1,000 for four nights self-catering. landmarktrust.org.uk

3 Fowl Quay, Bahamas

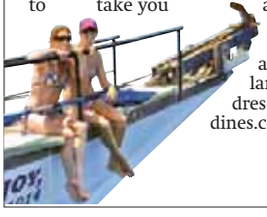
Where? Exumas, Bahamas
What? Make like Johnny Depp with your own private Bahamas island hideaway. This 50-acre family-owned retreat has six luxury one-, two- and three-bedroom ocean-facing villas each with amazing views over the crystalline azure sea, and their own motorboat to explore it with. Book the island exclusively and you can loaf on a different secluded silvery beach each day, snorkel in the local reef and sip cocktails. Tuck into picnics or enjoy moonlit fresh-seafood dinners made by the island chef. Or prep your own meals — each villa's kitchen is stocked.
For how many? 26
Exclusive rental? $450 each per night including international flights to Nassau, all meals, drinks, watersports, personal motorboat and golf cart. fowl-cay.co.uk.

4 Orca Island, USA

Where? Humpy Cove, Resurrection Bay, Alaska
What? Come to this pristine corner of Alaska for a serious digital detox and commune with nature: this place is off-grid, so there's no mobile phone signal and each of the five cabins here is solar-powered. You're far from roughing it, though. Each self-catering cabin has a bathroom, luxurious queen bedroom and kitchen. There's even a barbecue on the deck, so you can cook freshly-caught salmon while you look out for local sea lions, puffins, seals and migratory whales. Spend your days kayaking, hiking, fishing or just chilling out in this Alaskan wilderness.
For how many? 20
Exclusive rental? From $176 each per night including lodging, water taxi to the property, unlimited use of kayaks, row-boat and fishing gear. orcaislandcabins.com

5 Ariara, Philippines

Where? Calamian Islands, Palawan, Philippines, 250 km South-West of Manilla.
What? This unspoiled 125-acre tropical island is run like the millionaire's retreat that it is. Hire it exclusively and you'll stay in this luxurious haven with 30 members of staff including a manager to keep things running smoothly, a PADI Dive Instructor to take you swimming with turtles and a personal chef to cook you lobster fresh from the sea. Spend days drinking cocktails on the silky white sand beach, snack on fruit picked on the island, snorkel in your own private protected reef or use some of the watersports toys.
For how many? 18
Exclusive rental? From $295 each per night low season for a group of 15 to 18 guests including all meals, and two dives per person. ariarais-land.com dresortgrenadines.com



LIFE 3

On the web

Lincoln Memorial reflecting pool in Washington has reopened after 2-year, $34M reconstruction

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Europe. In Canada

Want a Euro-feeling vacation without the trans-Atlantic flight? Here are three picks in our own backyard.

PAT HEALY
travel@metronews.ca

Montreal

Montreal could be the most vibrant, least intimidating city in North America. And it's all in how it's mixed. Residential areas sit in streets just behind main thoroughfares, and mainstream shops sit on the same blocks as secondhand stores, start-up art galleries and decadent nightlife destinations.

To see and stay: Though the Old Montreal neighbourhood houses more touristy shops than the newer part of the city, the decor of the area is faithful to its heritage and allows for the flourishing of architecture that dates back to the 1600s. Experience this history by staying at Le Petit Hotel, a cosy 24-room boutique hotel housed in a 19th century building. It's just blocks away from the Notre-Dame Basilica, built in the 1820s.

To do and eat: The best way to get around the city and see as much as possible is to use Montreal's enviably comprehensive Bixi system. With bicycles set up in 411 different locations around the city, you're able to rent a bike for a half-hour at a time to check out all the shops on the hill. Plus, the city is so bike-friendly in its road design that you can feel relatively safe zooming down St. Urbain. There are many top-notch restaurants, but we recommend Cafe Du Nouveau Monde (tnm.qc.ca) and Nora Gray (noragray.com).

Montreal gets cold quick, so if you're going to go, go now! THINKSTOCK

Mont Tremblant

Mont Tremblant is a bit of a detour between Montreal and Quebec City, but it's worth it just to experience the magical relaxation available at the Scandinave Spa (scandinave.com/en/tremblant). It's not just the massages that make a trip here a must after hiking up the mountain, skiing or riding the ziplines (tremblantactivities.com). What makes this spa so special is its prescribed hot/cold/cool down program. You spend 15 minutes in a steam room or hot tub, dip in a colder pool or the nearby lake quickly and then chill out in one of the ultra-comfortable double-hammocks hanging between the trees. The village at Mont Tremblant may feel like it was made by the same people who brought you the Christmas Tree Shop, but you'll forget that as soon as the food arrives at Aux Truffes (auxtruffes.com). We recommend the pan-seared scallops or the Quebec Boileau's red deer fillet.

Quebec City

To see: An indisputable part of Quebec City's charm is its location on the St. Lawrence River. To fully appreciate the view, hop aboard any of the boats available from Croisieres AML (croisieresaml.com/en). The hour-and-a-half option provides glimpses of the iconic Chateau Frontenac and Montmorency Falls, which at 275 feet high are nearly 100 feet higher than Niagara Falls.

To eat: Quebec City has hundreds of restaurants in its Upper Town and Lower Town areas, most of which offer outdoor dining for maximum people-watching and maximum European feel as you sip by the cobblestone streets. However, a restaurant called Le Cercle (le-cercle.ca) in the city's Saint-Roch district is worth a trip off the beaten path. Antique lightbulbs dangle from the ceiling and artsy films are projected on the wall, but the arts it truly excels at are the sommelier and culinary arts. Entrust your taste buds to the experts and order La Mania; the cooks deliver a multi-course meal based on what's in season, and the bar staff perfectly pair drinks with it.

Quebec City has plenty of old-world charm. THINKSTOCK

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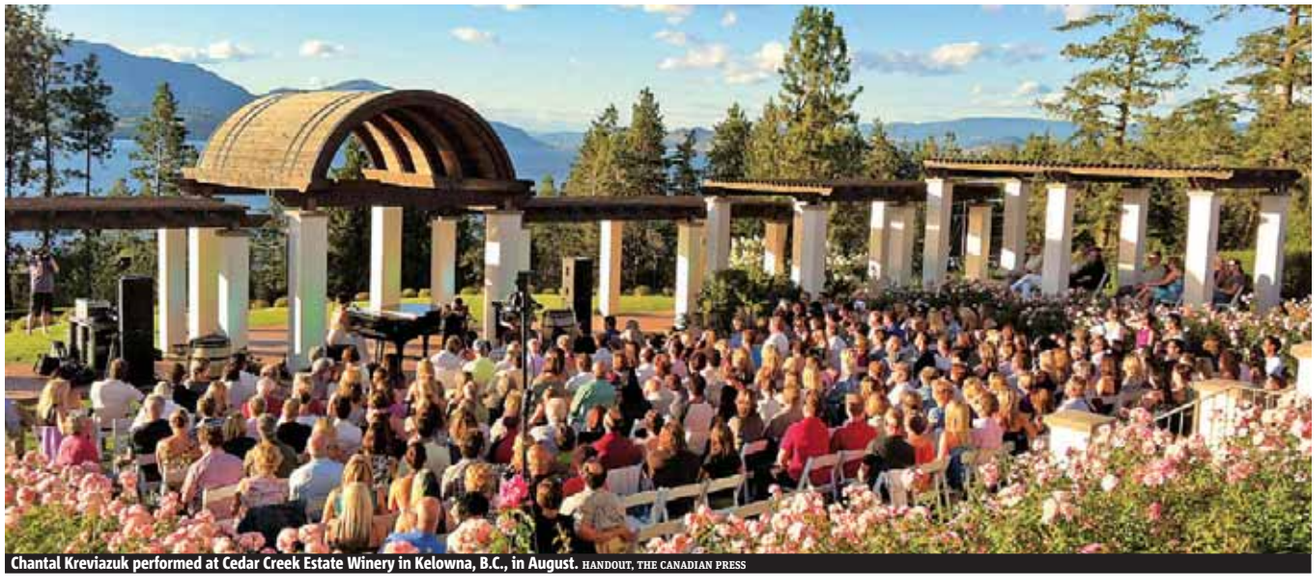
The sound of music, in B.C. wine country

Growing concert scene. Musicians and fans are learning there's nothing better than a pretty venue and a glass of wine



Chantal Kreviazuk performed at Cedar Creek Estate Winery in Kelowna, B.C., in August. HANDOUT, THE CANADIAN PRESS

When the president of Cedar Creek Estate Winery first started hosting concerts at his Okanagan vineyard and inviting musicians to perform there nine summers ago, many prominent Canadian artists wouldn't give him the time of day.

After all, a 350-seat venue — a pavilion under the open sky and surrounded by rows upon rows of lush green grape vines, no less — hardly seemed like an attractive offer to the agents of singers such as award-winning Canadian singer-songwriter Chantal Kreviazuk, who is used to performing at larger venues, said Gordon Fitzpatrick.

"The first concert we did, we didn't even have chairs, people brought blankets," he said, laughing. "My son, who wasn't very old at the time, still hasn't forgiven me . . . the band was a bunch of middle-aged women with harps."

Cedar Creek has come a long way since that summer, when Fitzpatrick decided he wanted to follow the footsteps of winer-ies in Washington state and in California's Napa Valley and start offering concerts, too.

Over the years, he has hosted Jim Cuddy of Blue Rodeo three times, and Chantal Kreviazuk performed this summer at the winery's pavilion for the second time. This year's Polaris Music Prize nominee Kathleen Edwards was also a guest a few years ago.

It was the exquisite wine offerings, the stunning Okanagan scenery, summer weather and the intimate and interactive venue that convinced them all to come, said Fitzpatrick.

Those same elements, plus the relaxing atmosphere, the romantic ambience and great music, are also drawing plenty of locals and tourists to British Columbia's wine country every year.

"You can imagine a glass of Cedar Creek Pinot gris in one hand, and listening to Chantal Kreviazuk, it makes for a very memorable evening," Fitzpatrick said.

Every year the winery hosts several concerts in the summer, and all proceeds go to Kelowna's Rotary Centre for the Performing Arts.

Fitzpatrick says concert tickets, which range from $50 to $95 each, tend to sell out within two or three days. Wine sales also go up significantly during performance days.

"We do $5,000 or $6,000 worth of business on a regular week day at the winery during the summer," he said.

"We come close to doubling that on concert evenings just on wine sales."

But the Kelowna winery isn't the only one in B.C. to host musical talent and benefit from the resulting spike in wine and dinner sales during the summer.

Many others in the Okanagan Valley do so as well, and the concerts attract tourists from the Interior, Metro Vancouver, Alberta and as far away as Europe, said B.C. Wine Institute chair Josie Tyabji.

"It's really the next evolution in offerings of the arts and cultural experience of the wine industry," she said. "How the industry basically started out was with winery visitations, tours and tastings. As the industry began to mature, we saw more opportunities to integrate different experiences."

Mission Hill Family Estate Winery in west Kelowna boasts a 1,000-seat, dramatically sloped amphitheatre. Since the property is located in a valley, the sound quality is second to none, according to Kelowna-based arts critic Glenna Turnbull.

For at least $90 a ticket, visitors can watch artists such as Grammy nominee and award-winning jazz artist Chris Botti perform against the backdrop of the vineyard, the pristine Okanagan Lake, the Coast Mountains to the west and the Monashee Mountains to the east, and of course, the brilliant orange glow of the setting sun.

"There's just something magical about being outside on an Okanagan evening and staring out into the lake and listening to good music and drinking good wine," said Turnbull.

THE CANADIAN PRESS

Take a picture

Tunes, interrupted

Kelowna-based arts critic Glenna Turnbull says that the musicians often get swept away by the Okanagan scenery at the Mission Hill Family Estate Winery in west Kelowna.

"The last couple of performers I've seen had pulled out their cameras in the middle of the set, said 'Excuse me,' and turned around and took a picture of what the audience sees — the view of the lake — because they just can't believe how gorgeous it is where they're performing," she said.

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Seattle haunts — the best places to soak up coffee, craft beer and culture

One day. Here is an itinerary that will keep you busy from dawn till dusk

REBECCA FINKEL
travel@metronews.ca

Shop for fresh fare in Seattle's markets. ISTOCK

Though the Seattle area's wooded trails are a shady refuge during the summer months, the city's streets offer another kind of cool. Here are our favourite places to soak up Seattle's culture, coffee and craft beer.

Morning

Take advantage of your jet lag and head over to Pike Place Market (pikeplacemarket.org) before the crowds make it difficult to navigate. Pick up some Rainier cherries, a fresh, buttered crumpet (The Crumpet Shop, 1503 1st Ave.) and a latte from the original Starbucks. Enjoy your spoils on a bench with a view of Puget Sound.

Thus fortified, you can explore the 105-year-old stall market, which sells local produce, seafood and meat, as well as books, clothes, jewelry and other handmade crafts. At 11:30 a.m., grab a seat by the window at Matt's in the Market (mattsinthemarket.com) for a plate of local oysters. If you're accustomed to Atlantic bivalves, Seattle's will knock you down with their delicate texture and sweetness.

Afternoon

Fifty years after it was built as the site of the 1962 World's Fair, Seattle Center (seattlecenter.com) remains a vibrant hub of arts and culture. Current attractions include the Frank Gehry-designed Experience Music Project, a skate park and the new Chihuly Garden and Glass (chihulygardenandglass.com): an exhibition of the artist's dynamic glass sculptures curated by Chihuly himself.

The Fair's centerpiece, and the city's architectural mascot, is the Space Needle. There may be a long-ish line, but get on it — it's worth the wait for panoramic views of the city and the mountain ranges beyond, as well as the Mad Men-esque decor of its gently rotating restaurant.

Brew break

It's difficult to get a bad cup of coffee in Seattle, and it may be even harder to get a boring pint. The Ballard neighbourhood, home to the Ballard Locks shipyard, is rich in small bars and coffee shops. Ballard Coffee Works (ballardcoffeeworks.com) serves "standard-setting" espresso drinks and bags of its self-roasted beans for you to take home to stoke your new caffeine habit. Nearby, The Walrus Bar (thewalrusbar.com) offers plates of local cow, goat and sheep cheeses that pair beautifully with neighbourhood brewery Maritime Pacific's Islander Pale Ale or Old Seattle Lager.

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Back-to-school gets Blueberry-Banana Waffle boost

Blueberry-Banana Waffles

This recipe makes four large waffles. EGG FARMERS OF ONTARIO

The best way to start the day is with a good nutritious breakfast, and you can't get much more fun in the morning than with waffles.

This recipe can easily be made in a big batch, days ahead and frozen. During busy Monday to Friday mornings, just pop frozen homemade waffles in the toaster for a grab-and-go breakfast for the kids. Children will probably only eat half a waffle.

Serve them with pure Canadian maple syrup, honey, jam or even yogurt.

If you don't have barley flour, you can substitute with the same amount of all-purpose or whole wheat flour.

Ingredients

- 1-1/2 cups (375 ml) all-purpose flour
- 1/2 cup (125 ml) barley flour
- 1/4 cup (50 ml) wheat germ
- 2 tbsp (25 ml) granulated sugar
- 1 tbsp (15 ml) baking powder
- 1/2 tsp (2 ml) baking soda
- 1/2 tsp (2 ml) salt
- 1 cup (250 ml) buttermilk
- 2 eggs, beaten
- 1/4 cup (50 ml) butter, melted
- 2 ripe bananas, mashed
- 1 cup (250 ml) blueberries (if using frozen, blueberries should be thawed and drained)

1. In bowl, whisk all-purpose flour, barley flour, wheat germ, sugar, baking powder, baking soda and salt. In another bowl, whisk together buttermilk and eggs. Combine wet and dry mixtures; stirring to combine. Fold in butter.

2. Fold in bananas and blueberries until blended.

3. Fill your waffle iron with approx 1 cup (250 ml) of batter per waffle. Cook until golden and cooked through, about 5 minutes. Transfer waffles to baking sheet and keep warm in 200 F (100 C) oven until ready to serve.

4. Keep waffles in one layer to keep crisp. Continue with step 3 until remaining batter is finished. If freezing, let waffles cool completely, double wrap in plastic wrap, label and freeze for up to 3 weeks.

EGG FARMERS OF ONTARIO

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Drink of the Week

Caramelized Brown Sugar Banana Milkshake

- 1 tbsp butter
- 2 tbsp brown sugar
- 2 bananas, peeled and halved lengthwise
- 2 cups milk
- 1 cup vanilla ice cream
- 1/2 tsp cinnamon
- Pinch of salt

In skillet over medium heat, melt butter. Sprinkle in brown sugar and stir until bubbling. Add bananas, reduce heat to low and cook 3 mins., or until evenly browned. Use spatula to turn bananas and brown on other side for 3 mins. Remove skillet from heat and let cool 15 mins. Once cooled, use silicone spatula to scrape bananas and any liquid and caramelized bits in the skillet into a blender. Add milk, ice cream, cinnamon and salt. Purée until very smooth.

THE ASSOCIATED PRESS

Muffin Frittatas: Great start — even on the run

September is a busy month! It is that time of year for families to get back to schedules, school and activities.

These frittatas are made in muffin tins for an easy grab-and-go, or sit down friendly. The perfect portions are packed with protein from the eggs and vegetables. Pack them in your child's lunch for a change from a sandwich.

Ingredients

- 30 ml (2 tbsp) butter
- 1 onion, chopped
- 2 ml (1/2 tsp) dried oregano
- 2 ml (1/2 tsp) salt
- 2 ml (1/2 tsp) freshly ground pepper
- 1 sweet red pepper, seeded and chopped
- 1 small zucchini, chopped
- 1 tomato, chopped
- 125 g (4 oz) chopped smoked turkey (about 125 ml/1/2 cup)
- 375 ml (1 1/2 cups) all-purpose flour
- 10 ml (2 tsp) baking powder
- 175 ml (3/4 cup) milk
- 4 eggs
- 500 ml (2 cups) shredded Swiss cheese
- 45 ml (3 tbsp) minced parsley

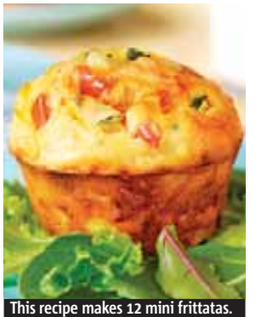
1. In a large skillet, heat butter over medium-high heat; add onion, oregano, salt and pepper. Cook, stirring, until onion is softened, about 3 minutes. Add red pepper and zucchini; continue cooking until vegetables are softened, about 4 minutes. Remove from heat and stir in tomatoes and smoked turkey. Set aside.

2. Meanwhile, in a large bowl, whisk flour and baking powder together. In another bowl, whisk milk and eggs. Stir dry and wet ingredients together. Fold in vegetable mixture, cheese and parsley, if using. Stir gently to combine.

3. Using a 125-ml (1/2-cup) measure, fill 12 paper mini-muffin cups placed in a muffin tin.

4. Bake in a 220 C (425 F) oven until puffed, firm and golden, about 25 minutes. Let cool slightly before removing from tin. (Make-ahead: wrap individually and refrigerate for up to 3 days; re-warm as needed.)

EGG FARMERS OF ONTARIO


This recipe makes 12 mini frittatas.
EGG FARMERS OF ONTARIO

Working environment

It's getting easier to be green. Get to know how going to work can better the world around you

ISHANI NATH
TalentEgg.ca

Some say you only have two options in life: go big or go home. But when it comes to the environment, the only option may be to go green so we can have a home for years to come.

Whether you believe in climate change or not, the fact is that we have treated Mother Earth worse than that ratty old teddy bear from your childhood. We've neglected her, put her through the ringer, and destroyed her with chemicals and toxins to the point that she's in need of a solid repair job. While climate change may be impacting the entire globe, each country is reacting to environmental shifts differently.

What exactly is a "green job"?
Green jobs in Canada are still in their awkward teenage years — they're still trying to figure out exactly who and what they are.

According to a report by the Organisation for Economic Co-operation and Development (OECD), countries such as Germany, Finland, Korea, Portugal and, most recently, the United States have officially defined what is considered a "green job" in their nations and thereby recognized their growing environmental sectors.

Canada, on the other hand, still has some growing up to do. What constitutes a "green job" in our home and native land is currently undefined, so the term tends to encompass the various industries and occupations that deal with the environment.

For lack of official national definitions, ECO Canada recently defined a number of green career terms in their Defining the Green Economy: Labour Market Research Study.

Here are some of the key terms from that study that every student and recent grad who is planning to start a green career should know:

Green economy
All activity operating with the primary intention of reducing conventional levels of resource consumption, harmful emissions, and minimizing all forms of environmental impact. The green economy includes the inputs, activities, outputs and outcomes as they relate to the production of green products and services.

Green organization
An organization (in any industry) that produces goods or services designed to minimize environmental impact.

Green job
A job that works directly with information, technologies, or materials that minimize environmental impact, and also requires specialized skills, knowledge, training, or experience related to these areas.

Green skills
The knowledge, training or experience as they relate to technologies or materials that minimize environmental impact.

ISHANI NATH IS A PROUD MCMASTER UNIVERSITY ALUMNAE, ASPIRING WRITER AND CURRENT JOURNALISM GRAD STUDENT AT RYERSON UNIVERSITY.

TALENTEGG.CA IS CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES.

Green employers have listed keeping up to date on green trends and issues, and specific environmental training or education as skills that will be in high demand over the next few years. ISTOCK

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Tuesday, September 5, 2012

Since starting at the Westin Bayshore waterfront hotel, Vancouver Community College hospitality management diploma program grad Kelly Hammond has been promoted three times. CONTRIBUTED

VCC grad climbing the ranks

DANIEL HENDRIKSEN
For Metro

Since graduating from Vancouver Community College's (VCC) hospitality management diploma program, Kelly Hammond has encountered nothing but success in her career.

Upon graduation, Hammond was immediately interviewed and hired by the well-known Westin Bayshore waterfront hotel in downtown Vancouver. She submitted her application while attending an on-campus career fair organized by VCC's School of Hospitality, and has been with the company ever since.

"I believe I had an edge over other job candidates because I'm a VCC grad," Hammond said in a press release. "The employers came directly to the college to find the best, skilled workers."

In fact, many of Hammond's co-workers are also graduates of the School of Hospitality. She says she chose to pursue her career through VCC because of the hands-on training and affordable tuition.

"I really enjoyed school projects that focused on real-world situations. The curriculum and advice from instructors were current and relevant," she said.

Since starting at the Westin Bayshore waterfront hotel, Hammond has been promoted three times and is currently group sales co-ordinator in the revenue management department.

For more information on the Hospitality Management Diploma, check out vcc.ca/programs-courses/college-programs.cfm.

Government makes changes to assistance program

Managing the tuition needed for post-secondary education recently became a little less difficult for Canadian students. As of Aug. 1, the federal government made it easier for students to qualify for grants within the part-time assistance program by increasing the income thresholds.

Now, a single student whose gross income in the previous tax year was less than $23,293 will qualify for a $1,200 grant, as long as their program of study is eligible. This means they can hold down a part-time job and still be eligible for the grant. The funds are for direct educational costs only, such as tuition, books and supplies, transportation and miscellaneous.

This comes as very good news at the British Columbia Institute of Technology (BCIT), since the school boasts the largest number of part-time students in the province at more than 35,000. Moreover, students from B.C. lead the country in taking advantage of the program.

"With some courses at BCIT costing $400, a student can take three classes and not have to pay a cent in tuition," said Connie Gibbs, financial aid adviser at BCIT.

For more, visit canlearn.ca/eng/postsec/audience/ptstu.shtml.

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Langara goes live on Street View

DANIEL HENDRIKSEN
For Metro

Langara College is one of the first post-secondary institutions in Western Canada to be added to Google Street View. JENNIFER OEHLER PHOTO

Langara College is about to become more accessible for anyone searching for the institution using Google Maps. As of Thursday, Langara will officially go live on Google's Street View.

A pair of Google vehicles mounted with state-of-the-art image capturing equipment visited the college earlier this year and recorded 360-degree, street-level photographic imagery from roads and paths. Now, users of Google Maps can get a practical look at Langara before actually arriving.

Ian Humphreys, Langara's acting associate vice-president of student development and marketing, spoke in a press release about what it means for his school to be virtually viewed via the Internet.

"The Langara community is very excited about becoming part of the Street View project," Humphreys said.

"This map provides an innovative tool for new and prospective students to explore the Langara campus, as well as for the families and friends of our students to have a look at the college if they can't make it to campus for a visit."

Colleges and universities all over the world are being added to Street View, however, Langara is one of the first institutions in Western Canada to be on that list.

UFV students collaborate with NASA scientists

A group of four University of the Fraser Valley (UFV) students had an exciting two-day experience at a lake near Clinton, B.C., this summer.

The students and their geography instructor Olav Lian were conducting research at Kelly Lake in late July, and were fortunate enough to collaborate with NASA scientists. The lake is of interest to scientists as it contains microbialites, which are rare carbonate rock structures formed by microorganisms.

Using a specialized boat and equipment, the group cored sediment from the bottom of the lake that had accumulated over a period of time. NASA is hoping the research will uncover how the formations were created.

For UFV student Daniel Huesken the experience of working in the field with NASA scientists proved invaluable.

"It's pretty exciting to get out in the field and collect data because you learn so much about it in the classroom," Huesken said in a media release.

"To get out here and get your hands dirty, playing with the dirt and sediments, it's pretty fun. I feel super fortunate that UFV has a really great undergrad commitment. So it's been a great experience."

Kwantlen alumna awarded scholarship

The Certified Management Accountants Society of B.C. (CMA BC) recently presented Kwantlen Polytechnic University alumna Ling Xiao with a $2,500 scholarship.

The annual award is given to the student who has demonstrated outstanding achievement in a course called advanced management accounting (ACCT 4720) at Kwantlen.

The scholarship is to be put towards the CMA strategic leadership program (SLP), which focuses on contemporary and emerging management practices while developing the students' accounting, leadership, interpersonal, decision-making, and communication skills.

"This scholarship means so much to me," Xiao said in a press release.

"I enjoyed the ACCT 4720 advanced management accounting course and discovered that management accounting knowledge is critical to all businesses because it can help managers gain insight into the efficiency of business operations. I see this CMA scholarship as a sign for me to dedicate myself to be a management accountant."

ACCT 4720 is part of Kwantlen's bachelor of business administration program. To learn more about it, go to kwantlen.ca/calendar/2012-13/business/accounting-bba.html.

UBC launches two Earth-conscious programs

The Faculty of Land and Food Systems at the University of British Columbia (UBC) is launching two new programs this month to address pressing global issues.

The first of the programs is the international nutrition major — a four-year major aimed at applied nutrition and food security. The program is the only one of its kind in North America, and requires students to complete work placements with companies like UNICEF as part of the international field studies course.

"We developed the program in response to the demand from students for more international content in their course work and relevant experience needed to further their careers," assistant Prof. Judy McLean said in a media release.

The second program being introduced is called watershed management, and is focused on the impact of human activities and climate change coupled with approaches to protect and rehabilitate land and water systems.

"The future of the planet depends on judicious management of soil and water resources," Prof. Les Lavkulich said. "Also key to the program are current best practices and recent innovations in characterizing and remediating soils."

The watershed management program also dives into the numerous processes that impact the soil's productive capacity in agriculture, forestry and urban settings.

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Dr. Michel Tarko has been appointed as the new president of the Justice Institute of British Columbia. CONTRIBUTED

New president named

JIBC. Dr. Michel Tarko succeeds Jack McGee

DANIEL HENDRIKSEN
For Metro

The Justice Institute of British Columbia (JIBC) will soon have a new president. The JIBC board of governors has appointed Dr. Michel Tarko to the position effective Oct. 1.

Tarko will take over as the institution's president after serving as vice-president, academic since September 2009. His resumé boasts more than 25 years of experience, including roles such as faculty member and curriculum manager, associate dean.

"I am very honoured to have been chosen to lead JIBC and build on the institution's reputation as Canada's leading public safety educator," Tarko said in a media release. "Thank you to the board and the team at JIBC for your support, and a special thank you to Jack McGee for your remarkable mentorship."

Tarko succeeds outgoing president McGee, who will be retiring after holding the position for the past 12 years.

"The board is confident that Michel will continue to lead JIBC with the same integrity and commitment as his predecessor, while bringing his own strategic vision and style," said Douglas Eastwood, chair of the JIBC board of governors.

"I want to thank the board for participating in this rigorous search process, and especially thank Jack McGee for his extraordinary leadership."

BCIT researches toxins in weeds

A pair of British Columbia Institute of Technology (BCIT) researchers has been spending their summer researching the toxins in common weeds. These weeds often get mixed in with intentionally picked greens meant for salad mixes, however, it has been found they may contain pyrrolizidine alkaloids (PAs) — a hepatotoxic compound.

Wade Hurlburt, a graduate intern with BCIT's Natural Health and Food Product Research Group (NRG), and Crystal Chau, a third-year student in the Joint UBC-BCIT biotechnology honours degree program, have been sampling plants that contain PAs in an effort to evaluate the safety of agricultural crops and food products in B.C.

"Natural products research is truly interdisciplinary, requiring the integration of skills and knowledge from various disciplines," NRG director Dr. Paula Brown said in a press release.

"As part of our research team, students see how they can work together to apply what they are learning in their programs to solve real-world problems."

Hurlburt and Chau's research has been made possible by a program called Growing Forward — a joint venture between the B.C. Ministry of Agriculture and Agri-Food Canada.

Through their study, they have been learning about plant collections, proper plant identification methodology, and plant processing.

Get connected. SFU hosting a public seminar later this month

Simon Fraser University's (SFU) Public Square will be the host of a public summit running from Sept. 18-23. Entitled Alone Together — Connecting in the City, the summit will focus on bringing Metro Vancouverites closer together.

As many as 10,000 people from across the Lower Mainland are expected to attend various events over the six-day period including a mayors' roundtable, a youth and student conference, an urban conspiracy cabaret, rain city chronicles, and a film festival.

Shauna Sylvester, executive director of SFU Public Square, says when they were organizing the summit, they wanted to stay away from following conventional programming.

"Isolation and disconnection in the urban environment is an issue that requires a different approach to find solutions and, therefore, our community summit features a breadth of events and activities designed to raise awareness, educate, and motivate people into taking action," Sylvester said in a media release.

In all, SFU's three campuses (Vancouver, Burnaby and Surrey) will host 11 different events during Alone Together — Connecting in the City.

The summit kicks off with opening night at the Orpheum Theatre, which will feature a group of local entertainers.

Go to sfu.ca/publicsquare for more information.

DANIEL HENDRIKSEN

Discover opportunities at VCC

It's a good feeling to land a great job. Talk to VCC about your career options at one of these free information sessions:

Program	Campus
English as a second language & ESL community classes Wednesday, Sept. 5, 10 a.m. – room 5025	Broadway
Building service worker Wednesday, Sept. 5, 1 p.m. – room 412	Downtown
Office administration Thursday, Sept. 6, 5:30 p.m. – room 240	Downtown
Paralegal Thursday, Sept. 6, 6:30 p.m. – room 240	Downtown
Career planning and job search courses Monday, Sept. 10, noon – room 236 Tuesday, Sept. 11, noon – room 236	Downtown Downtown
MasterValuer appraisal Monday, Sept. 10, 6:30 p.m. – room 164	Downtown
Transportation trades Tuesday, Sept. 11, 11 a.m. – lobby, building B	Broadway
Teaching English to speakers of other languages (TESOL) Tuesday, Sept. 11, noon – room 518	Downtown
Addiction counselling skills & Community counselling skills Tuesday, Sept. 11, 6:30 p.m. – room 420	Downtown
Baking and pastry arts Wednesday, Sept. 12, 10:30 a.m. – room 216	Downtown

Downtown campus is located at 200-block Dunsmuir at Hamilton, two blocks west of Stadium SkyTrain station.

Broadway campus is located at 1155 East Broadway, one block west of Clark Drive and across from VCC/Clark SkyTrain station.

Visit **vcc.ca** or call **604.871.7000**.

View all VCC info sessions and tours

vcc.ca

Vancouver Community College

BCIT grad hits a home run

DANIEL HENDRIKSEN
For Metro

Vancouver native Geoff Cheong will have his name attached to a piece of baseball history for the rest of his life.

Cheong, a dual graduate (architectural and building engineering technology, and architectural science) at the British Columbia Institute of Technology (BCIT), was one of the core designers on the new Miami Marlins (Major League Baseball) ballpark.

Cheong, who works for the Kansas City-based global sports architecture practice Populous, was one of the key people responsible for the conception, development, and documentation of the architecture for the $500-million stadium.

In a press release, Cheong made it clear he owes a lot of his career success to the skills he learned at BCIT.

"BCIT teaches skills for the current industry; it's that simple," he said.

"I found the transition from my education to the professional industry to be straightforward, and almost seamless. To me, that says a lot about what BCIT has to offer. I've already been presented with incredible opportunities in my career, and I owe that in large part to my education."

These days, Cheong is working on the New Quebec Amphitheatre — a state-of-the-art facility that will likely be used in a bid to bring NHL hockey back to Quebec City.

BCIT grad Geoff Cheong was one of the core designers of Marlins Park, home of the Major League Baseball Miami Marlins. CONTRIBUTED

VCC volunteers help pack lunches for kids

The cafeteria at Vancouver Community College's (VCC) Broadway campus remained busy throughout the summer as volunteers used the facility to pack more than 17,000 lunches for local children in need.

Approximately 450 sandwiches, snacks, fruit and juice boxes were distributed each day to camps in Vancouver, Burnaby, North Vancouver, Langley, Surrey, Delta and Tsawwassen as part of Soxedo's annual Feeding Our Future program.

The operation is designed to provide free meals for needy children who are out of school for the summer.

The volunteers who put their time and effort into packing the lunches were made up of both students and staff of VCC, and Soxedo employees and members of their families.

In a press release, Barbara Worwood, director of food services with Soxedo, explained why her company founded the program.

"During the school year, many children receive free or reduced-cost lunches through hot meal programs in school," said Worwood. "Feeding these kids during the summer months poses a real challenge."

Since the program was started, Soxedo has provided more than 500,000 free meals to at-risk children across Canada.

Simon Fraser pipers return home with awards

Three members of the Simon Fraser University (SFU) Pipe Band have returned home after winning awards at various events in Scotland.

Pipe Sgt. Jack Lee, who is considered to be one of the best pipers in the world, competed in the Argyllshire Gathering at Oban, where he placed second in the March, Strathspey and Reel (MSR).

Lee's son, Andrew, has also enjoyed some recent success. He participated in the Cowal Highland Gathering, the world's largest highland games event and finished second in the A-level Piobaireachd, third in the Strathspey and Reel, and fifth in the March.

Also competing in the Cowal Highland Gathering were Alistar Lee of Coquitlam and Jori Chisholm of Seattle. Lee took first prize in the Strathspey and Reel, second in the March, and third in the Piobaireachd, while Chisholm finished second in the Strathspey and Reel, and sixth in the March.

"We've had good success in solo competitions over the years, and have a number of young pipers making names for themselves," Jack Lee said in a press release.

Next up for the SFU Pipe Band will be drumming competitions in Scotland.

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Kwantlen releases program guide

DANIEL HENDRIKSEN
For Metro

Kwantlen Polytechnic University has released its new program guide just in time for the new school year. The publication contains anything and everything that current and prospective students could possibly need when it comes to school services.

The theme of the 2012-13 guide is "It's Your Future, Make It Big" and it features information on all four Kwantlen campuses (Langley, Surrey, Richmond and Cloverdale). It includes in-depth course and program descriptions, as well as information on tuition and fees, counselling, admission requirements and international exchanges.

As students flip through the pages they will not only find information about different departments and their corresponding programs, but also testimonies from alumni. Additionally, this comprehensive resource includes details related to student life at Kwantlen, including Aboriginal services, the Kwantlen Alumni Association, school athletics and recreation, bookstores, campus tours, co-operative education, and much more.

Hard copies of the program guide can be obtained by calling 604-599-3030. It can also be viewed online at kwantlen.ca/programguide.

JIBC upgrading campus facilities

The Justice Institute of British Columbia (JIBC) is in the midst of improving and upgrading the facilities at both of its New Westminster and Maple Ridge campuses.

The improvements are being made possible thanks to $293,800 in capital funding that is part of the government's investment in B.C.'s post-secondary infrastructure this year. One of the major upgrades at the New Westminster campus is the replacement of the emergency generator fuel tank.

Maple Ridge-Mission MLA Marc Dalton discussed the government's investment in a media release.

"In the next decade, there is projected to be over one million new job openings in British Columbia," Dalton said. "Our continued investments in post-secondary education will ensure that British Columbians have the skills they need to fill those jobs and meet the demands of B.C. employers."

JACK HOLLINGSWORTH/PHOTODISC/THINKSTOCK

JIBC will benefit from an increased amount of tax revenue this year. It will receive $11.7 million from the B.C. taxpayers for overall operations including an allowance for general infrastructure maintenance.

UBC students win Vanier Canada Scholarship

The 2012 Vanier Canada Scholarship winners were recently announced, with 18 doctoral students from the University of British Columbia (UBC) among the recipients.

Winners of the scholarship receive $50,000 annually for up to three years to support their graduate studies in various disciplines.

Joanna Bernhardt, who is currently researching coastal ecosystems in the face of climate change, is one of the Vanier scholars from UBC. Her research will go a long way to help sustain coastal ecosystems for the foreseeable future.

"I'm honoured to be included among the highly talented and engaged group of Vanier scholars," Bernhardt said in a media release. "As a marine ecologist, I believe strongly in doing use-inspired research in collaboration with coastal communities. The Vanier Canada Graduate Scholarship will give me both the financial freedom to tackle questions about how to best manage our valuable oceans in the face of climate change and the time to apply this science and learn from the communities in which I work."

UBC trailed just the University of Toronto with the highest number of 2012 Vanier Scholars. In all, 156 winners from 29 institutions were announced.

For more information and for a full list of winners, visit vanier.gc.ca.

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SPORTS 4

Luongo prefers a trade to his old team in Florida

NHL. Canucks goalie says he wants to be in position where he gets majority of starts

Roberto Luongo says it just "makes sense" for him to return to the Florida Panthers.

The Vancouver Canucks goaltender, who is awaiting a trade after losing his No. 1 job to Cory Schneider, skated near his off-season home on Tuesday and made it clear during an interview with the South Florida Sun Sentinel that his preference was to return to the Panthers.

"(Florida) makes sense for myself, for my career and my family," Luongo told the paper.

"That being said, there's obvious other options as well. This is a preferred location for obvious reasons but I'm not shutting the door on other possibilities if it comes up."

Luongo spent five seasons in Florida from 2001 to 2006. He and his wife return to the area every summer with their young children.

Quoted

"You're dealt different situations in life. You've got to handle them the right way."

Vancouver Canucks goaltender Roberto Luongo, who says he is willing to be patient while the Canucks look for a trade that makes sense

The 33-year-old has 10 years remaining on his contract at a cap hit of $5.33 million US and holds a no-trade clause.

Luongo posted a 31-14-8 record last season with a .919 save percentage and 2.41 goals-against average.

He's dealt with speculation about his future in Vancouver for the past two seasons and it reached a new pitch when Schneider took over the No. 1 position during a first-round playoff loss to Los Angeles in the spring.

Luongo, who backstopped Canada to gold at the Vancouver Olympics, maintains that he wants to be in a position where he gets the majority of starts.

THE CANADIAN PRESS

Top seed Azarenka out-duels defending champion Stosur

Victoria Azarenka returns a shot against Samantha Stosur during their women's quarter-finals match Tuesday in New York. Top-ranked Azarenka was pushed to the limit by the defending champion Stosur before winning in a third-set tiebreaker. ELSA/GETTY IMAGES

Mobile sports

Murderball remains a calling card for wheelchair rugby years after it was in theatres. The documentary featuring the Canadian and U.S. teams was a raw, unflinching look at the lives of wheelchair athletes in a sport as laden with testosterone as the able-bodied version. Scan the code for the story.

Paralympics. Canada's Mortimer wins 2nd gold

Summer Mortimer has her second gold medal of the London Paralympics, and once again she won in record style.

The Hamilton native won the women's S10 backstroke in a world-record time of one minute 5.90 seconds.

Mortimer also won gold in the 50-metre freestyle event in world-record time last week.

"This feels absolutely amazing," said Mortimer, who also won a silver medal in the 200 individual medley earlier at the Games. "I haven't been that fast since I was able-bodied.

"To be able to beat my times from when I was 14 to 15 years old is amazing."

Summer Mortimer on the podium after winning the women's S10 100m backstroke on Tuesday. GETTY IMAGES

THE CANADIAN PRESS

Tennis

Raonic to lead Canada's Davis Cup team

Milos Raonic will lead Canada into its Davis Cup tie against South Africa later this month.

The Thornhill, Ont., native, who lost to Andy Murray in the fourth round at the U.S. Open on Monday, will be joined by veteran doubles player Daniel Nestor of Toronto, Frank Dancevic of Niagara Falls and Vancouver's Vasek Pospisil.

The best-of-five World Group playoff is set for Sept. 14-16 at Uniprix Stadium in Montreal. THE CANADIAN PRESS

Hockey. KHL ready for locked-out NHL players

The Russians are ready.

With time ticking down until the NHL is expected to lock out its players, KHL teams and executives are bracing for a windfall. The Russian-based league will open its arms to NHL players who wake up Sept. 16 without a place to play because it believes it can capitalize while arenas go dark around North America.

"Mainly I think it's going to be a lot of additional marketing potential for the league and hockey itself as a game," KHL vice-president Ilya Kochevrin told The Canadian Press on Tuesday.

Most of the top Russian players are expected to quickly make their way home if the NHL and NHL Players' Association are unable to reach a new collective bargaining agreement by Sept. 15.

THE CANADIAN PRESS

Tentative travel plans

Most of the top Russian players are expected to quickly make their way home if the NHL and NHL Players' Association are unable to reach a new collective bargaining agreement by Sept. 15.

Miami

Dolphins opt to go young at backup QB

Quarterback David Garrard has been released by the Miami Dolphins, leaving Matt Moore as the veteran backup to rookie starter Ryan Tannehill.

Garrard signed in March and climbed atop the depth chart in training camp before he was sidelined by a left knee injury that required arthroscopic surgery Aug. 11. In his absence, Tannehill claimed the starting job for Sunday's opener at Houston. THE ASSOCIATED PRESS

Buffalo

Bills lose corner Brooks for chunk of season

Bills rookie cornerback Ron Brooks will miss at least eight weeks after being placed on a short-term injured reserve list, and the team also re-signed receiver Ruvell Martin on Tuesday.

Brooks, who had surgery to repair a broken foot last week, will be eligible to return this season after being placed on the NFL's newly created IR/designated for return list. THE ASSOCIATED PRESS

Minnesota

"We recognize if he's able to get in this first ballgame, it'll be with limited exposure."

Minnesota coach Leslie Frazier, who said the Vikings would not make a decision on Adrian Peterson's status until game day. The star running back went down with a torn left ACL in the second-to-last game of the 2011 season.

Giants, Cowboys set to rekindle rivalry

Giants quarterback Eli Manning gestures during a game against the Cowboys on Jan. 1 in East Rutherford, N.J. RICH SCHULTZ/GETTY IMAGES

NFL. Champion Giants seek to silence critics while Cowboys want redemption and fresh outlook in 2012-2013

A good start is what is on the line this time when the New York Giants host the Dallas Cowboys in the NFL season opener.

The stakes were much greater the last time the NFC East foes faced off to close the last regular season. New York won to claim the division title en route to the Super Bowl title. Dallas was left out of the postseason.

On Wednesday night at MetLife Stadium in East Rutherford, N.J., the winner will take the early upper hand in the divisional race.

For the Super Bowl champion Giants, this will be a chance to silence the critics and detractors who have sounded off repeatedly after they beat the New England Patriots in February to claim their second title in five seasons.

The Giants heard it all: They were lucky to get into the playoffs with a 9-7 record. They really didn't beat the Packers or 49ers, they were just handed the games.

That is now over.

The goal for Tom Coughlin's players is to show they have constructed that bridge the 65-year-old coach urged them to build to link their late-season 6-0 run to the title to the 2012 campaign.

"The leadership we have on this football team, that's going to be the spine of the bridge, if you will," defensive captain Justin Tuck said. "I think we're in a good place as far as where we want to be coming into the game."

The Giants are confident, and they don't care what outsiders are saying about them.

"We've already showed people who we are," safety Antrel Rolle said. "We can care less about that." THE ASSOCIATED PRESS

Quoted

"That's what fuels you in the off-season and makes you ... want to remember those moments so you can improve from them."

Cowboys QB Tony Romo on last year's season-ending loss to the Giants

Cowboys' goals

- Jerry Jones' Cowboys face a much different task after an 8-8 campaign that ended with an embarrassing 31-14 loss to the Giants on New Year's Day.
- The outspoken owner knows the window for the aging Cowboys to return to the franchise's glory years are fading fast.

Three things to watch

1 Secondary issues

Both teams have questions in their secondary. The Cowboys' was amongst the worst last season, which led to an overhaul. The Giants are missing usual starter Terrell Thomas (ACL) and his backup, Prince Amukamara, is out with a high-ankle sprain. Could be a high-scoring opener.

2 Nicked-up Nicks

Giants receiver Hakeem Nicks, who still has some soreness in his surgically repaired foot, said he has "no doubt" he will be on the field. But how effective will he be? Nicks has had little to no work since breaking his foot on May 24.

3 Bennett's breakout?

Newest Giants tight end — and former Cowboy — Martellus Bennett gets a chance to prove his old team wrong. Look for a big game from him. METRO

'Playing early, but playing well'

Youth and inexperience have taken over the most important position in the NFL.

Ten starting quarterbacks this season have been in the league one year or less, with five teams letting rookies run the show. It's an unprecedented move in the NFL, where experience is a favoured trait for those who handle the ball most. No more.

"One of the most astounding statistics that I've seen in football in the last 25 years is the amount of young quarterbacks that are now playing early, but playing well," said Jon Gruden, a former coach and current television analyst.

Never have so many teams taken chances with so little experience at quarterback.

This year's group of up-and-comers includes rookies Robert Griffin III in Washington, Andrew Luck in Indianapolis, Ryan Tannehill in Miami, Brandon Weeden in Cleveland and Russell Wilson in Seattle. They join second-year starters Andy Dalton in Cincinnati, Blaine Gabbert in Jacksonville, Jake Locker in Tennessee, Cam Newton in Carolina and Christian Ponder in Minnesota. THE ASSOCIATED PRESS

Rookies, from left, Andrew Luck and Robert Griffin III and sophomores Andy Dalton and Cam Newton have all been given the chance to lead their teams at quarterback. GETTY IMAGES

By the numbers

1950

The starting 10 quarterbacks with one year or less in the NFL is the most since 1950, according to STATS LLC. That's the year that the league absorbed three teams from the All-America Football Conference, including the Cleveland Browns with Otto Graham.

Returning from injury

Steelers planning for Manning to be outstanding

Steelers coach Mike Tomlin expects to see the same old Peyton Manning when Pittsburgh travels to Denver for the season opener on Sunday night.

Tomlin believes Manning will "be at his very best" while playing in a game for the first time since Indianapolis lost in the wild-card round of the 2010 playoffs.

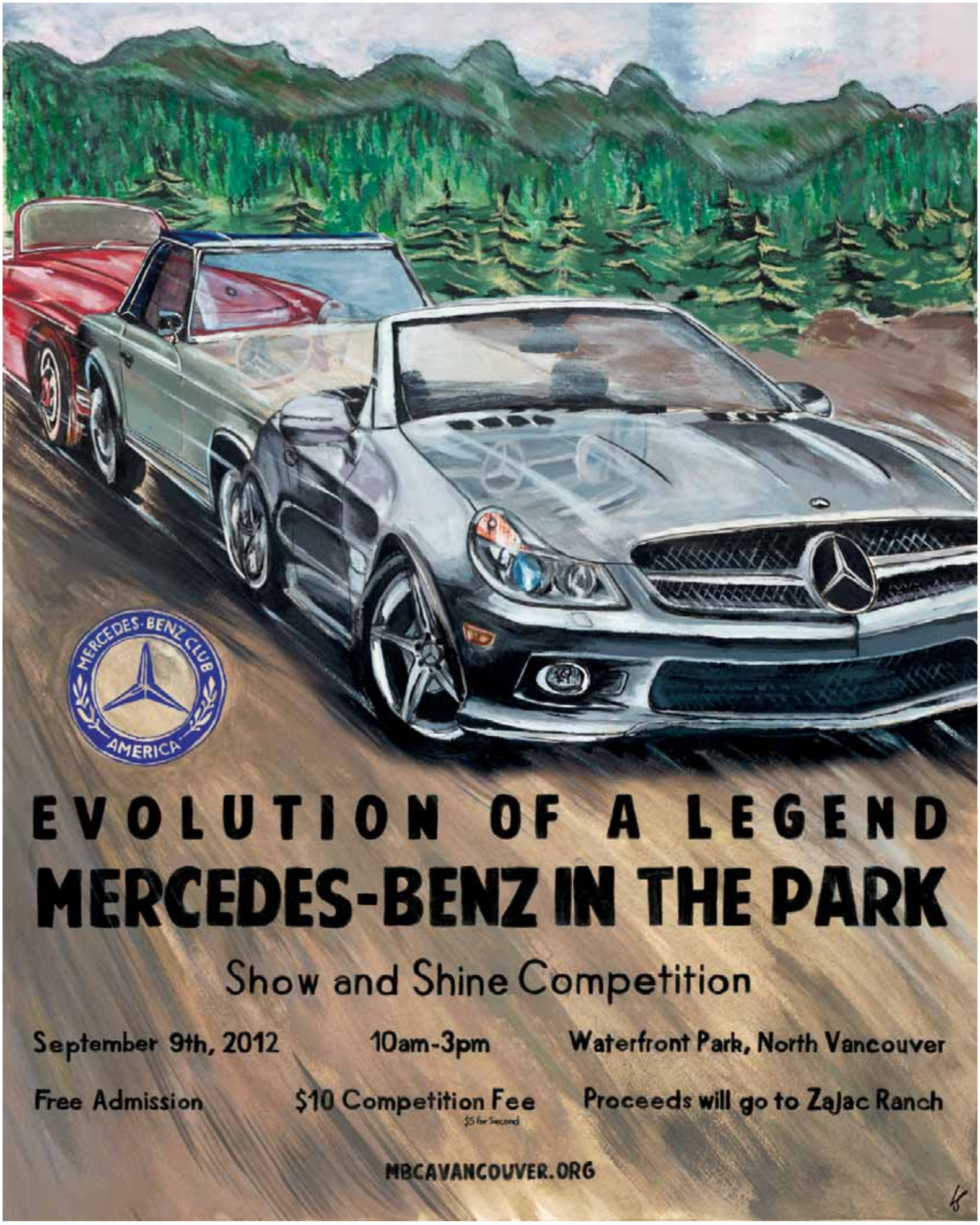
The 11-time Pro Bowler missed last season after undergoing neck surgery. He landed in Denver after being released by the Colts.

It's been nine months since the Broncos and Tim Tebow stunned the Steelers in overtime in the wild-card round of the playoffs, but this is a rematch in name only. It's more of a coming-out party for Manning, who will wear something other than Colts blue and white for the first time in the regular season. THE ASSOCIATED PRESS

Quoted

"He needs no endorsement from me. His resumé is his resumé."

Steelers coach Mike Tomlin on the return of Peyton Manning



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Veloster packs on some muscle

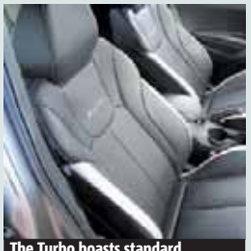
ALL PHOTOS WHEELBASE

Hyundai Veloster Turbo

- **Type.** Three-door, front-wheel-drive compact sport sedan.
- **Engine (hp):** 1.6-litre DOHC I4, turbocharged (201).
- **Mileage:** L/100 km: (city/hwy) 7.9/5.2 (MT).
- **Base Price (incl. destination):** $27,500.

Seating

Accessing the rear seat through the rear passenger-side door is awkward for adults, owing to the sloping roof, but, once aboard, the seats are hospitable enough as long as those in front exercise due consideration for the legs of those in back. The generous cargo area is long and deep enough to hold a camping trip's worth of gear.



The Turbo boasts standard leather-covered seating.

Different look and feel

To differentiate the Turbo, the grille and rear-valence opening are much bigger, there's different sill cladding as well as 18-inch wheels with a chrome inlay (regular Velosters use 17-inch wheels). The artsy taillights and headlights are also different and are worth a careful inspection.

Hyundai has tweaked the suspension to a point where, from the driver's perspective, it's hard to imagine the Turbo was ever derived from the original. The tighter underpinnings and recalibrated (faster-acting) steering mean improved vehicle control and reduced body lean when cornering. And, when compared to the 2012 model we drove last fall, the Turbo has a much smoother ride.

Review. You loved the look — now, you will love the drive

MALCOLM GUNN
Wheelbase Media

Is the sleek and slippery Veloster Turbo the kind of soul-stirring ride that would make you leverage your credit just to park one in your driveway?

The answer to that is likely yes, especially if appearing cucumber-cool in this finely tailored Hyundai for a less-than-princely sum is how you want to roll.

The now-in-stock Turbo is the latest take on the Korea-based automaker's base Veloster that created quite a stir when it launched last fall for the 2012 model year.

The entry-priced fastback/hatchback/wagon/sporty machine has left its cookie-cutter competition in the dust and the unique single-driver's-side door/double-passenger-side door design is the asymmetrical punctuation mark to a car that defies convention or comparison.

But if there's one detectable shortcoming, it's the base 138-horsepower four-cylinder engine — shared with the Accent, among other Hyundai offerings — that delivers impressive fuel economy, but is ultimately not a match for the sporty image that the body projects.

Cue the Veloster Turbo, with a turbocharged 1.6-litre engine that improves output to 201 horsepower.

Just as important, the torque rating shoots to 195 pound-feet from 123. And unlike some other turbocharged vehicles out there, the engine is designed to run on regular gas instead of premium.

The well-equipped Veloster Turbo rings in at $27,500, including destination charges, or about $6,500 more than the base model.

All in all, it's definitely worth the upgrade.

Aside from leather seats with contrasting colours, it's basically the same tidy interior as the base Veloster.

On one hand, we love the long driver's door that makes getting in and out a cinch. On the other, the rear passenger door makes it easy to get the kiddies in and out.

By comparison

1 Mini Cooper Clubman S
Base price: $30,550

2 Subaru WRX hatchback
Base price: $35,000

3 Chevrolet Sonic LTZ
Base price: $22,500

5 DRIVE

On the Web

Scan code for more car reviews and news

Top Gear

Calling all 'Vette-heads

If you're a hard-core Corvette fan, or know someone who is, you have to check out Motor House Marketing's line of men's and women's Corvette jackets and accessories. The jackets are made of soft lambskin leather with hand-sewn logos and emblems. They also feature adjustable cuffs and double pockets inside and out. But the best part is that Motor House sells its jackets with logos that are specific to each generation of Corvette, from 1953 when Corvette mania began, to the present day, not to mention ZO6 and ZR1 designs. Sizes range from small to triple XL while prices range from $300-$625 US, depending on the style. Scope out the selection at motorhousemarketing.com.

Get some extra iPad-ing

Hooking up and mounting your Apple iPad for use in your vehicle is possible with the Nextbase iPad2 Active Car Mount. The system includes a stanchion mount that attaches between the headrest and the seat back so that it faces the back seat. The A/C power cable links directly to the mount and immediately begins to charge the iPad. In addition, a built-in infrared transmitter lets you use your iPad 2 while wearing compatible headphones (sold separately). Finally, a built-in USB connection allows importing photos to the iPad from an external USB drive. Nextbase offers the Active Car Mount for $130 US (regularly $170) through nextbase-usa.com. **WHEELBASE**

Silver looks good on her ... the car we mean

A model stands with the Chevrolet Stingray at the Moscow International Automobile Salon on Friday.

MIKHAIL METZEL/THE ASSOCIATED PRESS

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Ford's robot measures the human touch

Driving Force. RUTH acts as a 'translator' for automaker's engineers

JIL MCINTOSH
drive@metronews.ca

When it comes to how a car should "feel," automakers have often played a guessing game — at least, up until now. At Ford, a robot named RUTH pokes and prods new models to see if they're up to the standards that customers expect, and gives engineers the technical information needed to put that into the final product.

"We use RUTH to translate the voice of the customer, and to validate that we have delivered on our promise," says Eileen Franko, craftsmanship supervisor at Ford Motor Company in Dearborn, Michigan.

"It's a first of its kind here in North America."

RUTH, which stands for Robotized Unit for Tactility and Haptics, was first used by Ford in Europe, and since January has been working at the company's North American operations. She's basically a giant arm with six joints, and her job is to push buttons, poke the seats, and "use" the interior as a person would. By doing this, she assesses how hard or soft materials are to the touch, sees if switches and controls have a quality feel, and takes measurements of such subjective things as comfort and temperature, and if surfaces feel rough or smooth.

Ford's RUTH pushes a button to measure how it will feel to the customer.

FORD MOTOR COMPANY

While the company still uses real people to sit in the cars and determine how everything feels, RUTH uses their input to provide mathematical data that can be accurately translated throughout the car's development, right down to the final assembly line.

"When you work with engineers, you can't just say 'too hard, too soft, too shiny,'" Franko says. "You need to speak in engineering metrics, to translate that voice of the customer — the feedback that we get — into engineering metrics to design the quality into the product."

Designing a vehicle always starts with computer models, which are used to develop the final product. RUTH is used both in the creative process and in the validation process, where actual vehicles and parts are made for testing to ensure that the computer models were correct. By poking a padded dash, for example, RUTH measures the deflection, ensuring that it feels "right" — not too hard, and not too soft.

"We don't completely remove the human touch," Franko says. "It's all about touch, feel, and quality."

Robot facts

- Ford says it is the first automaker in North America to use a RUTH machine to quantify quality and comfort in its vehicle interiors.
- RUTH doesn't actually take the place of human interaction with the car. Instead, she gathers mathematical data that will be used to build the car to the quality standards determined by real people.
- RUTH has been used in the development of the all-new 2013 Ford Fusion, which will be introduced later this year.

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Designated texter the new auto-safety superhero

Autopilot

AUTO PILOT
Mike Goetz
drive@metronews.ca

The designated driver concept works like a charm, so not surprising that the concept of the designated texter is gaining traction.

But I'm wondering about this: designated drivers have to be licensed and sober. Designated texters just have to be "not driving" and sitting in your car, a pretty low bar of qualifications.

What if they can't spell necessary words like imbecile and subpoena? What if they routinely mix up terms like self-deprecating and self-defecating?

What if they have good vocabulary, grammar, and punctuation, but have the emotional IQ of a walnut?

What if they're drunk and always had a thing for your main squeeze? Shouldn't there be some kind of screening process to make sure your personal correspondences won't be comprised?

In the long run, however, I guess those issues are minor when you consider what's at stake. According to the U.S. campaign called Stop the Texts. Stop the Wrecks, a texting driver is 23 times more likely to get into a crash than a non-texting driver.

The campaign was created by a team of several U.S. safety groups last year, and just recently created a series of public safety announcements featuring an actual scene from Glee, the popular TV series about singing high schoolers. In the spot, Dianna Agron's character, Quinn Fabray, crashes her car as a direct result of texting and driving.

You can see the spot at either Distraction.gov or StopTextsStopWrecks.org.

The latter is one of the first places to use the term "designated texter" and to promote its use, in their Tips section. Some tips are painfully obvious, like, "When you're in the car, put the phone where you can't get it," and "Turn the notifications off."

Another tip was extremely not obvious to me: "An app can help you stop texting." Apparently there is an app for that ...

But "Designate a texter" is the one with the most potential for humorous calamity, so that's the one I'm really getting behind.

Whatever your choice — or choices — doesn't matter, as long as you're with the program, and maybe even advocating about it a bit.

Teens are especially vulnerable, because they text the most, and are the most inexperienced drivers.

That generation also has the most fundamental and substantial umbilical cord to texting. To them it's like breathing.

John Voelcker of Green Car Reports recently noted a conversation he had with a GM engineering executive looking into distraction and driving.

The GM man told Voelcker that most of the young people who were being surveyed by the automaker on this issue were confused by the questions, and eventually had to set GM straight.

You don't understand, they said, it's not the device that is distracting me from driving, it's the driving that is distracting me from what I would rather be doing, which is using the device (for communicating).

Wow.

Texting and driving facts

- 5 seconds is the average time your eyes are off the road while texting.
- When travelling at 88 km/h, that's enough time to cover the length of a football field.
- A texting driver is 23 times more likely to get into a crash than a non texting driver.
- 34 per cent of teens who drive while distracted simply say they're used to multi-tasking.

STOPTEXTSSTOPWRECKS.ORG

Don't worry folks, this is a staged photo. Nobody was put in danger during the taking of this picture. ISTOCK

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Horoscopes

♈ Aries
March 21 - April 20
Listen to your conscience and act on what it tells you. You know from past experience that if you ignore your inner voice you are likely to regret it. Why tempt fate when so many things are going right for you?

♉ Taurus
April 21 - May 21
The Sun in the most positive area of your chart means if there is something you want or someone you desire, now is the time to make your play. There can be no more excuses: get on with it!

♊ Gemini
May 22 - June 21
If there is something you can do for a friend or family member then do it and don't think of the cost. When you do a good deed, you make it more likely that good things will come back to you.

♋ Cancer
June 22 - July 23
Facts and figures must come first today, both in your personal life and at work. Other people's hard luck stories may move you to tears but how do you know they are telling the truth? Do your own checks.

♌ Leo
July 24 - Aug. 23
There are times when it all seems to come together and while you may not quite have reached such a time yet it cannot be far away. Look out for pointers over the next 24 hours — and follow them.

♍ Virgo
Aug. 24 - Sept. 23
Make the most of the Sun in your sign to start a new phase in your life, one that builds on the experiences of previous events and experiences. If there is something you truly desire, start working towards it now.

♎ Libra
Sept. 24 - Oct. 23
The Sun remains in the most sensitive area of your chart for the next three weeks or so, which means you need to be positive and you need to be kind to yourself. Don't worry. Everything will work out fine.

♏ Scorpio
Oct. 24 - Nov. 22
You might be tempted to say what you think other people want to hear but both you and they will regret it later on. Today's Mercury-Mars link urges you to be brutally honest. Don't skimp on the truth.

♐ Sagittarius
Nov. 23 - Dec. 21
Be nice to those who might be able to further your career interests in some way. Even if they are not really your kind of people, it won't hurt to get on their good side — in a dignified way, of course.

♑ Capricorn
Dec. 22 - Jan. 20
This is a good time to be on the move, especially if you are the kind of Capricorn who gets bored with the same old faces and places. If you can arrange a vacation at short notice then go for it now.

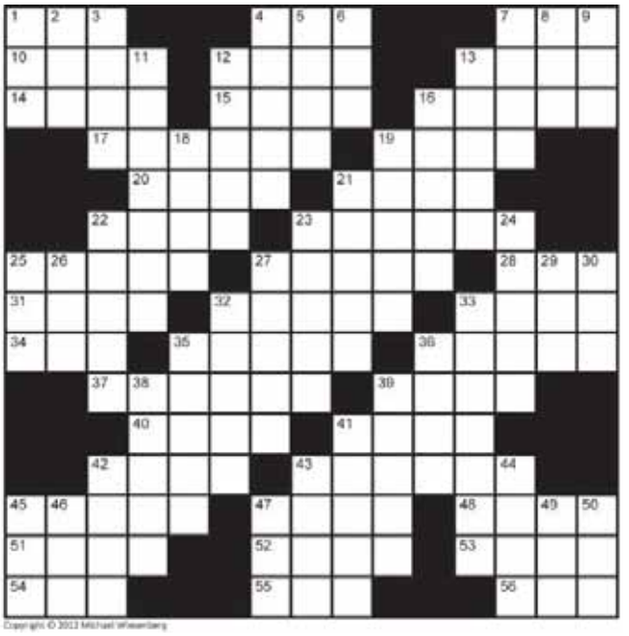
♒ Aquarius
Jan. 21 - Feb. 19
According to the planets, time is running out on a project that should have been finished by now. You can still get it done but you have got to put it at the top of your To Do list — and then do it.

♓ Pisces
Feb. 20 - March 20
You will find it easier to reach your goals if you team up with someone who shares your general outlook on life. You don't have to agree on everything — in fact your differences will bring balance to the relationship.

SALLY BROMPTON

Crossword: Stuff and Nonsense

BY MICHAEL WIESENBERG



Across
1. Winnipeg's ___ River
4. Male youngster
7. Lie
10. Dump water overboard
12. '60s sitcom star Dick Van ___
13. Call at home plate
14. Ontario tribe
15. Outfit recently renamed from Canadian Forces Air Command, for short
16. Armed robbery
17. Harper group
19. "I'm unable to do it"
20. Ontario-born *Scream* star Campbell
21. Is worthwhile
22. "___ the Last Dance for Me"
23. Ontario-born Howie of *Deal or No Deal*
25. Gasoline unit
27. Approach harvestability
28. *Porgy and Bess* lyricist Gershwin
31. Popular music player
32. Crapshooter's boxcars
33. Castle barrier
34. Also
35. Alberta NHLer
36. 1,000 kilograms
37. Margot ___: Yellowknife-born Lois Lane portrayer in four *Superman* movies
39. Hand-held holers
40. Auctioneer's final word
41. Bigoted attitude
42. Feeling down
43. Bay surrounded by Nunavut, Manitoba, Ontario, Québec
45. "___ words were never spoken"
47. TV, familiarly
48. ___ Scotia
51. Rowboat equipment
52. Slippery fish
53. Be apropos for
54. Debussy's "La ___" ("The Sea")
55. Watch
56. ___ Gamgee: unwilling visitor to Mordor

Down
1. Bank founded in 1864 in Halifax: initialism
2. Corn unit
3. Calorie watch
4. French high school
5. Aliases
6. ___ Leppard
7. ___ accompli: done deed
8. "No ___, ands, or buts!"
9. Wager
11. Montréal singer-poet Cohen most known for "Suzanne"
12. A: or C:, on a computer
13. Sixth ___: ESP
16. "The Creation" composer Franz Joseph
18. French dream
19. Christmas tree candy hangings
21. *Metro*, for one
22. Bale of hay or straw, in the Prairie Provinces
23. Boy-meets-girl event
24. CFL West Division team
25. Ignited
26. Big event for a dot-com: initialism
27. Angered
29. Became a candidate
30. Consumed
32. Move like a crab
33. ___ Canadian (beer)
35. Smell
36. "___ the night before Christmas ..."
38. Archipelago components
39. Assistants
41. BC-born pop singer Michael
42. Raymond ___: New Westminster, BC-born Perry Mason portrayer
43. Louie and Dewey's brother
44. Entre ___: between us
45. Stray cat
46. Edmonton-born actress ___ Dawn Chong, daughter of Tommy
47. Casual wear
49. __ Rail Canada
50. Cash cache

Yesterday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

				9		8	2	7
		6						4
	8				4		3	
			5			2		
8	9		1		3		5	6
		7			9			
	5		9				4	
2						1		
7	3	1		8				

Yesterday's Sudoku

Today 22°/16° Sunny
Thursday 24°/16° Sunny
Know what the weather will be 14 days from now.
Check the 14 day trend.
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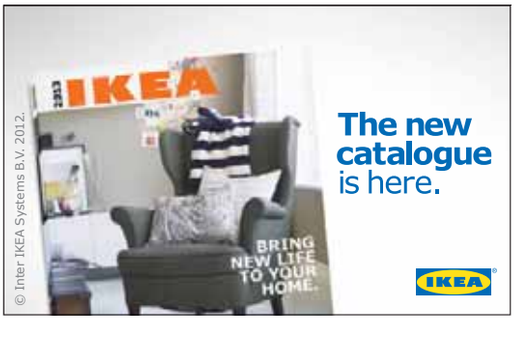

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